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15 FABULOUS GRAPEFRUIT RECIPES

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March 2014

Grapefruit: Winter's
Brightest Jewel

See [page 72](#)



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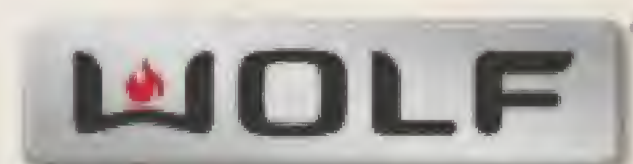
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O'ahu is home to a vibrant food scene where locally sourced fruits, vegetables, seafood, and meats are the stars of dishes creative island chefs are cooking up. A new breed of chefs are opening restaurants that are both innovative and traditional, ethnically grounded but fused with many cuisines—and all wonderfully playful and delicious.

Traditional Vietnamese specialties are the foundation for inventive dishes at **The Pig and the Lady**, where CIA-trained Chef Andrew Le (the pig) and Loan Le (his mother and the lady) incorporate ideas from throughout Asia, Europe, and America with their home-style cuisine. Imagine pho, Vietnamese soup, with smoked bacon, twelve-hour brisket, and marinated soft egg, or a dish of handcrafted chitarra pasta with charred octopus, braised oxtail, lilikoi, and purslane. Roasted brisket is boldly accented with a Thai basil chimichurri in a bánh mì, the traditional Vietnamese French-bread sandwich. Sublime, succulent, and so full of flavor is the food from this 2012 Rising Star chef—who started with pop-up restaurant nights and booths at Honolulu farmers markets. Whole pig family-style dinners are on the horizon, inspired by Le's versatile culinary experience.

Likewise, the husband and wife team of Wade Ueoka and Michelle Karr-Ueoka, former kitchen mates at Alan Wong's of Honolulu, are reinventing island flavors with finesse at their **MW Restaurant**. Oxtail stew, a braised oxtail roulade with risotto, is a riff on local stew and rice; "fried chicken" is a braised, shredded, pressed, and fried Jidori chicken dish unlike any other. Spirited desserts are not to be missed. Executed by Karr-Ueoka, the not-too-sweet nostalgic concoctions bear her signature incorporation of local fruits, delicate but sumptuous flavors, and precision artistry.



Above and Top Left: Joel Chang



Above and Top Right: MW Restaurant

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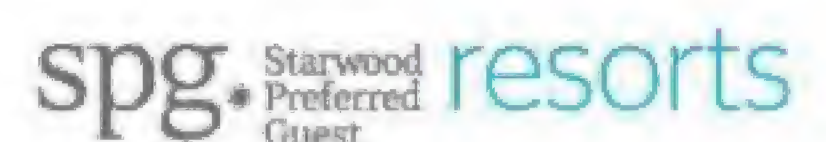
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SAVEUR

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City by the Sea

A writer returns to Marseille, France, whose rustic cuisine he has long adored, to find a sparkling new dining scene inspired by the city's diverse culture. With recipes for pasta with clams and artichokes, fishermen's stew, and more. *By Alexander Lobrano*

60

A Change of Seasons

Passing the torch to his daughter, a California farmer contemplates his livelihood and celebrates last year's harvest with a winter meal of pulled pork, roasted vegetables, and creamy soup, all made with home-preserved peaches. *By David Mas Masumoto*

72

Winter's Brightest Jewel

Following her passion to the groves of Florida's Indian River County, *SAVEUR*'s executive editor lyricizes about the glory that is grapefruit. The vivid, versatile citrus is the building block for dishes from ceviche and risotto to sweet glazed cake and a bracing granita. *By Betsy Andrews*

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Spice World

At Bundo Sati, a restaurant in Jakarta, *nasi padang*, an Indonesian meal of rice served with dozens of curries and other vibrant dishes, is a delightful adventure. *By Christopher Tan*



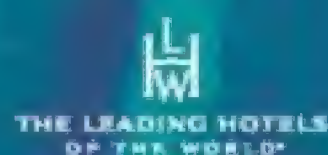
Cover Red, white, and pink grapefruit slices (see "Winter's Brightest Jewel," page 72) PHOTOGRAPH BY INGALLS PHOTOGRAPHY

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First

Change is afoot on a California farm, as well as in the pages of this magazine. *By James Oseland*

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Fare

Irish buttered eggs, Soviet-era sodas, great airport dining, coconut lime preserves, Japanese curry, Agenda, and more.



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A great race, with pancakes in hand. *Photograph from the Hulton-Deutsch Collection/Corbis*



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CLOCKWISE FROM TOP LEFT: MICHAEL KRAUS; ANDRE BARANOWSKI (4); MICHAEL KRAUS; ILLUSTRATION: RAYMOND BONILLA

Flank Steak *to* Filet.

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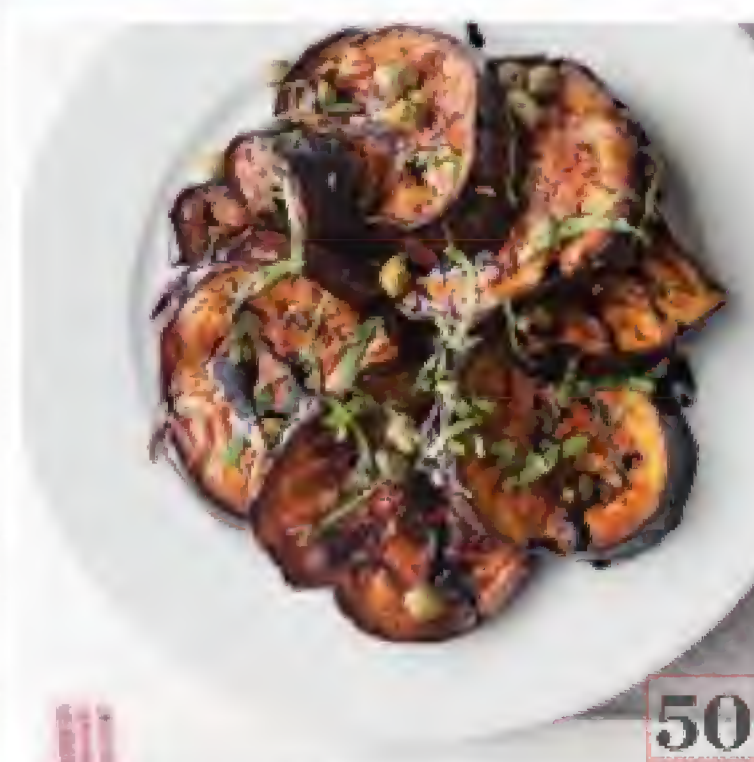
The ✪ denotes a Classic SAVEUR recipe. For more information, visit [SAVEUR.COM/CLASSIC](http://saveur.com/classic).



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CLOCKWISE, FROM TOP LEFT: LONDON NORDEMAN; ANDRE BARANOWSKI; JAMES ROPEK; LONDON NORDEMAN; INGALLS PHOTOGRAPHY (3)

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Fresh Start

To everything—a farmer's crop, a magazine—there is a season

The farmer and writer Mas Masumoto lives in the San Joaquin Valley, a part of California I've loved since childhood, when I'd tag along with my father as he traveled from our Bay Area home to peddle office supplies there. On the far side of the coastal mountains, its sprawling farms and small towns held an exotic appeal.

As my interest in food sharpened, I came to appreciate this majestic breadbasket, with its fields of vegetables and branches drooping with fruit, for the food it produced. I've often shared my enthusiasm in *SAVEUR*, bringing the Valley's bounty to its pages.

Last year, photographer James Roper and I visited Masumoto during the off-season. (That's me in the photo, toting a camera to shoot video there, viewable at SAVEUR.COM/MASUMOTO.) He described the care he gives his peach trees and grapevines when they're dormant, a time as important to him as the peak season. Then we ate. The foundation of the family's meal was peaches—not the fresh fruits, but chewy dried peaches, succulent canned ones, and sweet homemade jam.

It was a bounty, indeed, and entirely homemade. The cook's craft that transforms the harvest into these winter ingredients is as vital as picking summer's fruit. It's work that takes patience. Although you're reading this magazine in March, if you are inspired to make your own preserved fruit, you'll have to wait, as the Masumotos do, for the peaches to ripen. Then, you'll put up your fruit to enjoy in the cold

months using the recipes in "A Change of Seasons" (page 60). Rewards so delicious aren't earned overnight. (Of course, you can cook now with store-bought preserves.)

It's a lesson Masumoto is passing on to his daughter. Like her dad, who went from conventional to organic cultivation when he inherited the land from his father, Nikiko is helping the farm to evolve, telling its stories to food lovers like you and me through social media.

I understand where she's coming from. *SAVEUR*, too, is a vehicle for storytelling. And like the farm, the magazine evolves. Our art director, Dave Weaver (quite the seasoned hand himself), helps us constantly refresh *SAVEUR*, trying out new designs and ways of telling stories. It's part of our mission to surprise, delight, and enlighten with each issue.

Once in a while it's time for bigger changes. We've made the pages cleaner with this issue of *SAVEUR*, but we've also created room for more information to help you cook even better than before. And we've given pride of place to the photographs of the people, locations, and foods that we celebrate, so that your experience of them feels as organic and wonderful as it does to us when we report their stories. We hope you enjoy it. —*JAMES OSELAND, Editor-in-Chief*

ON THE WEB

March at SAVEUR.COM is all about the Best Food Blog Awards. Our fifth year of celebrating the Web's best writers, photographers, and cooks is as inspiring as ever. Visit SAVEUR.COM/BLOGAWARDS for more.

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Above, Irish buttered egg; see story on page 17

MICHAEL KRAUS

AGENDA

March 2014

1–30

Cabanes à Sucre (Sugar Shacks)

MONTREAL, QUEBEC

During peak maple syrup season, Quebec's rustic *cabanes à sucre* (sugar shacks) throw all-you-can-eat breakfasts featuring maple-cooked eggs, maple baked beans, and pork pies known as *tourtières*. In Montreal, La Cabane, a pop-up sugar shack, offers elevated

takes on the tradition with dishes like foie gras and maple jelly. Info: tourisme-montreal.org



2–4

Battaglia delle Arance (Battle of the Oranges)

IVREA, ITALY

Citizens of this small Italian town hurl more than a million pounds of citrus at each other in an annual reenactment of a 12th-century fight between townsfolk and a local tyrant.

The pre-Lenten food fight attracts around 4,000 participants and 100,000 spectators each year. Info: storico.carnevaleivrea.it/English

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ANNIVERSARY

The Waldorf Hotel

1893, NEW YORK CITY

When it first opened at its original 34th Street location, the Waldorf, now 121 years old, offered the apex of Gilded Age dining. The maître d'hôtel, Oscar Tschirky, is credited with the invention of the Waldorf (continued on page 22)



One Good Bottle Nelson Mandela, the activist who became South Africa's first postapartheid president, died this past December at 95. One way to honor his legacy is, surprisingly, with wine. The grapes in House of Mandela Royal Reserve Cabernet Sauvignon 2008 (\$50), from Makaziwe Mandela-Amuah and Tukwini Mandela, his daughter and granddaughter, are sourced from sustainable family

CURRY IN A HURRY

On a recent trip to Japan, I visited Heimin Kaneko at his tiny Tokyo apartment. I knew Kaneko from his popular blog about Japanese curry. Redolent of cumin and dozens of other spices, sweetened with fruit or honey, and made with myriad combinations of meat, fish, and vegetables, it's a dish that inspires dedication—even obsession—in Japan.

Kaneko made far more than he or I could eat. So, as it simmered, he put out a call to his 5,890 Twitter followers: Who wants curry for dinner? Minutes later, the doorbell started ringing, as people—some friends, some strangers—showed up. Kaneko's retro-style curry was chockful of tender root vegetables, plump shrimp, and savory beef. We ladled it over white rice and dug in, the moment perfectly capturing what this food—so satisfying and easy to share—is all about. (For a recipe, see page 91.)

—Harris Salat



farms with fair labor practices; a portion of the profits goes to fighting poverty. Says Makaziwe, “My father always said that as long as we act with integrity and honesty, he blesses everything we do.” Rich with blackberry and oaky vanilla flavors, this high-minded, lovely cabernet does feel like a blessing. —*Betsy Andrews*



COMRADE COLAS

During the Cold War, leaders of Eastern-bloc countries wanted to prove they could keep up with the West in every way possible—from launching satellites to earning Olympic medals to, on a more epicurean level, creating beverages that could rival American soft drink icons Coca-Cola and Pepsi. The planned economies of the era lacked access to cola nuts, vanilla pods, and many other ingredients that typically flavor colas. But with a bit of Old World ingenuity, communist-era food scientists came up with substitute soft drinks using ingredients they had in abundance. Yugoslavia's Coca-Cola imitator, **Cockta** (introduced in 1953), was made with rose hips, a traditional ingredient in jams, sauces, and herbal teas. In Czechoslovakia, **Kofola** (1960), a gingery, spicy quencher, was flavored with coffee beans, while in Hungary, crisp, fruity **Traubi** (1971) was made from surplus wine grapes. **Baikal** cola (1976), whose flavor derived partly from black tea, was created by the Soviet Union Institute of Drinks for the 1980 Moscow Olympic Games. After the fall of communism, the people of Eastern Europe started embracing Western products, making the future for proxy pops look bleak. Still, many of the old brands managed to hold on. Today, in fact, some are even thriving, thanks in part to nostalgia for the communist era. (A few are available in the States.) “It’s very popular to think that during socialism everything was fine—the dark side is often forgotten,” said Bojana Rogelj Škafar, director of the Slovene Ethnographic Museum in Ljubljana, which recently featured an exhibition on Cockta. “At the same time, this is a symbol of national identity. It is a unique product that the Slovenes can be proud of.”

—*Evan Rail*

Irish Gold

I first came across Irish buttered eggs—eggs rubbed in softened butter—at a stand at a market in Cork, Ireland. Jerry Moynihan, the farmer selling them, explained that buttering was a means of preserving eggs. Because the shell is porous, it absorbs the butter to form a more protective seal. Curious, I took one home. Soft-boiled, it tasted fresh from the hen, the yolk the color of sunshine, the white carrying with it a whiff of cream. Today buttered eggs are a delicacy, largely vanished from Irish farmyards and pantries. “You can’t butter eggs by machine,” Moynihan told me. Every one needs to be done by hand. Farmers’ wives used to say it was a task most difficult to execute in winter, when the butter was harder and their hands were colder. So perhaps in addition to the egg and the butter, what I taste is the memory of an Irish woman whose palm coaxed butter lovingly all the way around a fragile shell, hoping to preserve it for as long as she could.

—*Mei Chin*

“I came by your house yesterday / you threw me a lemon / the lemon fell on the ground / the juice into my heart.”

—LATIN AMERICAN FOLK SONG

SUNSHINE IN A JAR

It wasn't the beaches that made me fall in love with St. Barth. What did me in was breakfast, in particular a jar of jam made by Stéphane Mazières, then the chef at Hôtel Le Toiny. Melding coconut and lime, it was a sweet tropical spread that I lavished on a hunk of baguette. And the recipe, unlike the sun and sand, could go home with me—a taste of the Caribbean for a rainy day. (See below for recipe.) —*Helen Rosner*



TO JUDY, WITH LOVE

Last December, when we found out that Judy Rodgers, a longtime *SAVEUR* contributing editor, had passed away, we headed to the bookshelf and pulled out her magnificent *Zuni Café Cookbook* (W.W. Norton & Company, 2002). Flipping through its pages brought us back to our visits to Rodgers' San Francisco restaurant over the years. It always felt like a haven, where you could order a glass of wine and a platter of succulent roast chicken and let the warmth of the place wash over you, cutting through the cold, misty fog of the surrounding city. Rodgers, the restaurant's chef and co-owner, took the helm of the Zuni kitchen in 1987, and bucked the fancy fusion trends of the time to cook locally sourced, classic, and approachable fare. In doing so, she helped set the standard for Northern California cuisine. Her rustic yet sophisticated dishes made her a local legend and a nationally recognized culinary treasure—both she and the restaurant won James Beard Awards. She will be missed throughout the culinary world.

—*The Editors*



FIVE TO TRY

Luscious Layovers

Airports are upping their gastronomic game, giving food-minded travelers a reason to linger between flights. Here, five great airports to eat in:

1. Hong Kong International Airport T2's six-story mall is home to Hung's Delicacies, where chef Lai Wai-Hung serves a delicately flavored sliced goose marinated in its own stock. **2. Sydney International T1** hosts Australia's only branch of the acclaimed Caviar House & Prunier Seafood Bar. Along with roe, it showcases local delicacies like smoked Tasmanian salmon. **3. Salzburg Airport W.A. Mozart Hangar-7's** Restaurant Ikarus changes its head chef monthly. Alexandre Gauthier, famous for dishes like rabbit kidney scared in ash at La Grenouillère, north of Paris, helms the kitchen in March. **4. San Francisco International** At T2's upscale food court, dig into Live Fire Pizza's butcher block pizza, which features pepperoni, pancetta, salami, and Spanish chorizo over a blend of Napa Valley cheeses. **5. Singapore Changi Airport** Throughout the airport, dine on street hawker favorites like *nasi lemak* (steamed coconut rice in banana leaf) and *char kway teow* (stir-fried rice noodles). —*Jen Polacheck and Elizabeth Childers*

MICHAEL KRAUS (4). ILLUSTRATIONS: DAVID DESPAU (RODGERS); BEPPE GIACOBBE (LAYOVERS)



1

Bring $1\frac{3}{4}$ cups sugar and two 13.5-oz. cans unsweetened coconut milk to a simmer in a 2-qt. saucepan over medium-low heat; cook, stirring occasionally, until mixture is reduced to 2 cups, about $1\frac{1}{2}$ hours.

2

Stir in $\frac{1}{4}$ tsp. powdered pectin (see [page 93](#)), the grated zest of 1 lime, and, if you'd like a bit of texture, $\frac{1}{2}$ cup unsweetened grated coconut; bring to a boil. Cook, stirring constantly, for 1 minute.

3

Pour mixture into two sterilized 8-oz. jars; seal with a lid and chill up to 1 week. Alternatively, the jars can be processed for storage up to 6 months (see illustrated steps in “Canned Peaches,” [page 71](#)). Makes 2 cups.

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The strawberry picnic in *Emma* is one of Jane Austen's most memorable scenes; the hero of Jonathan Lethem's *Motherless Brooklyn* seeks solace in fast food.



Canned fruit is a near-unimaginable luxury in Cormac McCarthy's *The Road*; in *A Confederacy of Dunces*, a hot dog sets the protagonist's heart aflutter.



Few meals are as iconic as the mad tea party in *Alice's Adventures in Wonderland*; Johanna Spyri's *Heidi* elevates simple cheese and bread to an incredible feast.

LITERARY LUNCHES

The cheese sandwich in *The Catcher in the Rye*; the raspberry cordial in *Anne of Green Gables*; the madeleines in *Swann's Way*—in my favorite books, the food is as important to me as any character. Artist Dinah Fried is inclined to agree. In *Fictitious Dishes: An Album of Literature's Most Memorable Meals* (HarperCollins, April 2014), she brings the food of fiction to life with beautifully staged photos of literature's greatest repasts. Each shot is accompanied by an excerpt from its inspiration, with annotations that give gastronomic and historical contexts. A visual library of mouthwatering moments, with the occasional witty aside (the meal for *Valley of the Dolls* is a sink top scattered with pills), it feeds the imagination. (For more of Dinah Fried's work, visit [SAVEUR.COM/DINAHFRIED](http://saveur.com/dinafried)) —Helen Rosner

COURTESY DINAH FRIED (6)



PREPARING A MEAL, SERVING A MEMORY.
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A WORLD AWAY. JUST ONE HOUR FROM MIAMI.

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(continued from page 16)
salad, eggs Benedict,
and veal Oscar.

19

St. Joseph's Day

NEW ORLEANS

Catholics in the Big Easy give thanks to St. Joseph by building altars stacked high with food, including sesame-seeded wheat loaves fashioned into wreaths, fried trout, and pasta Milanese. The day con-



cludes with a parade in the French Quarter. Info: neworleansonline.com

21

Starkbierzeit (Strong Beer Festival)

MUNICH, GERMANY

Breweries offer potent *starkbiers*, or strong beers, along with *weisswurst* and roasted potatoes. The festival pays homage to the 17th-century monks who pioneered the style, which sustained them over the Lenten fast. Info: muenchen.de

27

BIRTHDAY

Frank O'Hara

1926, BALTIMORE

Frank O'Hara wrote verse that often intersected with food. His 1964 collection *Lunch Poems* takes readers through Manhattan's lunch-hour rituals, "where laborers feed their dirty/glistening torsos sandwiches and Coca-Cola."



The Dynasty range is quirky—it's hotter on one side—but it's great for fast cooking: The oven is wide and has a convection setting, the gas burners are really powerful, and there are warming lights set into the hood.

The kitchen is open to the dining room, where dinner is served at a 19th-century French farmhouse table, and a snack nook holds jars of house-dried fruits and vegetables for residents to nosh on.

The island in the center of the room is incredibly functional. A large cutting board is set on top of it, and all sorts of storage spaces are tucked beneath. An additional leaf adds more working space when we need it.

The refrigerator in this kitchen contains just lunch and snacks for writers. We keep anything of volume outside in the longhouse by the garden. The freezer here, for the most part, holds ice cream and breads.

I LOVE MY KITCHEN BECAUSE
Hedgebrook, Whidbey Island, Washington

A Room of Our Own

Writer Sarah Manyika was working on a novel about a woman pining for Nigerian comfort food, so we made *jollof*, a West African rice dish loaded with tomatoes and peppers. That's the kind of connection we relish as cooks at Hedgebrook, a women's writing retreat on Whidbey Island in Washington's Puget Sound. We love our jobs. And we love our kitchen, a jam-packed but highly efficient space. It's got oodles of drawers, shelves, and nooks: Its revolving corner cabinets hold Dutch ovens and mixing bowls; blenders and measuring cups go in deep drawers beneath the island where we do prep work; and pots hang right next to the range, their lids propped on a pegboard. Along one wall, there's a baking area with a granite countertop, wall oven, and pull-out shelves for storing bins of flour. It's opposite the farmhouse sink and a wide picture window; while cooking, we watch eagles diving in the marsh. Afterward we sit down to a family-style dinner with the writers, who by nature, happily, are verbose in their gratitude. —Julie Rosten and Denise Barr

CLOCKWISE FROM TOP LEFT: HULTON ARCHIVE/GETTY IMAGES; JOSÉ MANDUJANA; WILLIAM HEREFORD



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Welcome to Candy Land

A shuffle off to Buffalo reveals some of the finest confectioneries the Rust Belt has to offer

1 Marshmallow cream is covered in coconut, cashews, and milk chocolate for the quirky Charlie Chaplin.

2 Candied macadamia nuts drenched in milk chocolate and rolled in powdered sugar result in King Condrell's Buffalo Snowball.

3 Take a nugget of milk chocolate, drizzle it with hot fudge, and voilà—the decadent hot fudge truffle.

4 This dipped raspberry from Aléthea's is a fresh, ripe berry rolled in sugar and dipped in chocolate.

5 Buffalo's famed sponge candy is a hunk of burnt sugar covered in chocolate.

6 At Aléthea's, spicy candied ginger is coated in buttery milk chocolate.

7 Turtles, including these milk chocolate, caramel, and peanut versions, can be found all over town.



The first thing that springs to mind when you think about Buffalo, New York, is probably its eponymous chicken wings. But after numerous visits to this city of 259,384 just a stone's throw from Canada, we can assure you that it's also a confectionery gold mine. From Cynthia Van Ness, director of Library and Archives at the Buffalo and Erie

County Historical Society, we learned the credit is largely due to the many Greek immigrants who came here at the turn of the 20th century, opening hundreds of European-style confectioneries during the city's boom years.

Buffalo's signature sweet is itself a European import: sponge candy, a bite-size block of nearly weightless golden spun sugar enveloped in milk

or dark chocolate. But that is just the beginning. In Buffalo, chocolatiers concoct their own marshmallow sauce, understand the nuances of caramel, and temper cocoa butter to a luxurious smoothness. Best of all, several sweets shops also churn out their own ice cream, serving elaborate sundaes and shakes.

One of our favorite destinations is Aléthea's Chocolates in the Buffalo suburb of Williamsville. The place is a chocoholic's dream, with candies in every shape and size arrayed on shelves and tables and trays, ready to be gobbled one by one, or by the handful, as the case may be. Dean Tassy and his father, Gust, opened Aléthea's in 1967, naming it after Dean's great-grandmother, who was famed for the sweets she created in her native Kozani, Greece. On our most recent Buffalo trip, we stopped in to sample their exquisite dipped raspberries, the fresh, ripe berries rolled in sugar and covered in chocolate; hot fudge truffles; and spicy candied Australian ginger coated with dark chocolate. Each time Dean handed us something to taste, he took a piece for himself. "At the end of the day, I've had enough," he said. "But every morning I want more."

While variations of sponge candy can be found from London to the Pacific Northwest, nobody else uses the care employed by Buffalo's top candymakers. "We respect the

SAVEUR contributing editors JANE and MICHAEL STERN are the authors of *roadfood.com*.

EPICURIENCE VIRGINIA



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Mediterranean Pan-Roasted Salmon

Prep: 10 min. | Makes 4 servings.
Cook: 12 min.

1 tsp. **McCormick Gourmet™ Basil Leaves**
1 tsp. **McCormick Gourmet Garlic Powder**
1/2 tsp. **McCormick Gourmet Mediterranean Oregano Leaves**
1/2 tsp. **McCormick Gourmet Crushed Rosemary**
1/2 tsp. **McCormick Gourmet Sicilian Sea Salt**
4 salmon fillets, skin on (4 oz. each)
1 tbsp. plus 2 tsp. olive oil, divided
2 tbsp. sugar
1 medium fennel bulb, cored and thinly sliced
1 cup cherry or grape tomatoes
Lemon wedges

MIX seasonings in medium bowl. Sprinkle 2 tsp. over salmon. Reserve remaining seasoning mixture in bowl. Set aside.

HEAT 1 tbsp. of the oil in large skillet on medium-high heat. Place salmon skin-side up, in skillet. Cook 5 minutes.

MEANWHILE, add sugar and remaining 2 tsp. oil to reserved seasoning mixture; mix well. Add fennel and tomatoes; toss to coat. Turn salmon fillets. Place fennel mixture around salmon in skillet. Cook 6 minutes or until fish flakes easily with a fork. Serve with lemon wedges.

To prepare in a cast-iron skillet: Cook salmon, skin-side up, in 12-inch cast iron skillet on medium heat 3 minutes. Continue as directed.
(Not recommended if cooking on a glass top range.)

For inspiring menu ideas and recipes to entice your senses, visit mccormickgourmet.com



sponge,” said Dean, who boils white sugar with water and corn syrup, and then whips it like crazy, adding baking soda a little at a time. Covered overnight, the golden candy rises like an ethereal cake. Dean said the dense, chewy parts around the outside should be thrown away, leaving only the most fragile sponge. “That’s why our candy is so light.” The experience of eating sponge candy is heavenly. Your teeth sink through a thick coat of chocolate before hitting the spun sugar center, which feels crisp and brittle before evaporating into a pleasing burnt-caramel memory.

A heftier choice is the Buffalo-only candy called the Charlie Chaplin. Found in nearly all the city’s sweets shops, it’s a formidable hunk of marshmallow cream topped with tender coconut and crunchy cashew-studded chocolate. You can order it as a loaf that you slice or opt for a two-bite snack served on a toothpick. How it got its name, no one knows for sure. A common speculation is that Chaplin fell in love with the candy and often had a chocolatier friend make it for him. That’s a nice story, but as far as we can tell the actor never had any special connection to the city.

In the suburb of Cheektowaga, we paid a visit to Mike’s. Founded some 50 years ago by Anastasia Melithoniotes and her late husband, Mike, this cozy candy shop sports a display room filled with pans of cooling nonpareils. Mike’s fluffy marshmallow blocks are especially good covered in milk chocolate and topped with a hail of chopped walnuts for what’s known as a Stolen Haven (the shop’s twist on the more common moniker, Stolen Heaven). Instead of relying on a candy thermometer, Susan Walter, the Melithoniotes’ daughter, uses her spatula to smear slowly cooked caramel on a marble slab. If she can lift and ball it up without it sticking to her fingers, it’s ready to be drizzled with chocolate and showered with roasted peanuts for one of the buffest candy turtles we’ve found anywhere.

While plowing through a boxful of Mike’s sponge candy, it dawned on us that the charm of Buffalo’s fine confections is their reliance on regular chocolate—the kind we loved as kids—instead of the fancy artisanal stuff. Chocolate here is sweet and simple, with direct appeal to the pleasure centers of the

brain—a point that was driven home further at a shop called King Condrell’s in Kenmore, where we fell in love with a kitschy confection known as a Buffalo Snowball, a candied macadamia nut dipped in milk chocolate and rolled in powdered sugar.

Along with chocolates, several of Buffalo’s top confectioners offer outstanding ice creams, as well as stand-out syrups and sauces to pour over them. Located in the suburb of West Seneca, Sweet’s on the Hill uses ice cream from Nick Charlap’s, a creamery south of the city. Charlap told us the secret of his radiant ice cream is milk that’s been vat-pasteurized, a slow process that gives each flavor, even vanilla, a depth of lingering taste without the overwhelming richness of high-butter-fat brands.

It dawned on us that the charm of Buffalo’s confections is their reliance on regular chocolate, the kind we loved as kids, not the artisanal stuff

For those who like chocolate sauce on their ice cream, choosing among the offerings in Buffalo’s parlors can be daunting. Sure you can get hot fudge at King Condrell’s, but they also give you the option of thinner bittersweet chocolate or warm French chocolate, which is as dark and thick as pudding.

Any of these places will let you dream up your own ice cream concoctions, but we suggest leaving the composing to Buffalo’s maestros. The hot fudge at Aléthea’s, for example, is especially profound when it’s paired with marshmallow sauce atop buttercrunch ice cream and sliced bananas on the towering dessert known as a Mount Olympus Frappe. Condrell’s turtle sundae comes in a wide silver boat blanketed with thick whipped cream and plastered with pecan halves. The nuts glisten with enough salt to enhance the sundae’s sweet components. But restrain yourself to only one pecan piece per bite. That way you’ll have enough room on your spoon for the whipped cream, hot fudge, caramel sauce, and decadent ice cream, too.

Aléthea’s 8301 Main Street, Williams-ville (716/633-8620; aletheas.com) **King Condrell’s** 2805 Delaware Avenue, Kenmore (716/877-4485) **Mike’s** 2110 Clinton Street, Buffalo (716/826-6515; mikescandies.com) **Nick Charlap’s** 7264 Boston State Road, Hamburg (716/312-0592) **Sweet’s on the Hill** 1203 Union Road, West Seneca (716/675-3981)



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Roasted Chicken Noodle Soup

2 tsp. olive oil
2 cups sliced carrots
1 cup thinly sliced celery
1 cup chopped onion
1 clove garlic, minced
1 tsp. McCormick Gourmet™ Mediterranean Oregano Leaves
1/2 tsp. McCormick Gourmet Thyme Leaves
1 leaf McCormick Gourmet Turkish Bay Leaves
4 cups Kitchen Basics® Chicken Stock
1 cup uncooked egg noodles
2 cups shredded roasted chicken

HEAT oil in large saucepot on medium heat. Add carrots, celery, onion, garlic, oregano, thyme and bay leaf; cook and stir 5 minutes or until vegetables soften.

STIR in stock. Bring to boil. Stir in noodles. Reduce heat to low; simmer 5 minutes or until tender. Add chicken; simmer 5 to 10 minutes longer or until chicken is heated through. Season to taste, as desired. Remove bay leaf before serving.

Makes 6 servings.

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*Based on the weighted average sodium level per serving for national broth brands per IRI unit sales and manufacturers' reported sodium levels for original chicken flavors.

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Source

BY JUSTIN KENNEDY

Photograph by Michael Kraus

Taste of the Sea

Last summer I stood in my Brooklyn kitchen vigorously grating a block of bottarga—the traditional Mediterranean specialty of cured fish roe—over a tangle of steaming spaghetti. As amber flakes hit the pasta, they released a sweet seawater aroma. I twirled a forkful and took a bite, savoring the umami-rich flavor and reminiscing about meals I'd enjoyed in Sardinia. But this roe was from much closer waters. Down in Florida, Seth Cripe, 35, has been producing sustainable American bottarga since 2007. He founded the Anna Maria Fish Company after learning that much of the Florida Gulf's grey mullet roe was being exported to the Mediterranean, where it was processed and sold back at a healthy profit. Each December, his fishermen take to the sea as cold fronts spur migrating mullet to the surface. They net the fish and harvest their roe, curing it for eight to ten hours in kosher salt before rinsing it, pressing it, and setting it out on wooden racks to air-dry. The resulting lobes are waxy and dense, with a concentrated yet elegant fish flavor. Razor-thin slices transform scrambled eggs, melting curls elevate roasted kabocha squash, and shaved flecks add pungent personality to winter greens. It's so tasty, Cripe is working on exporting it—to Sardinia. A three-ounce lobe is \$42 at cortezbottarga.com. 

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1



2



3



10



9



8

In the fabled French wine region, great bottles can be had at a fraction of the cost of the grands crus—if you know where to look

Real Burgundy

Just before last season's harvest, I took a bike trip with some fellow sommeliers along the Côte d'Or, the limestone escarpment where the grapes for the greatest Burgundy wines are grown. We were pedaling through Puligny past one fantastic *cru*, or vineyard, after another when Montrachet came into view. I was so starstruck by this plot of land, considered by many to be the world's greatest white wine vineyard, that I hit my front brakes and was tossed over the handlebars. It was painful, but I was proud of my bruises; they connected me to a legendary region.

Tucked in France's eastern reaches, about two and half hours from Paris by train, Burgundy is considered the motherland of great pinot noir and chardonnay. The Romans are credited with bringing viticulture to the

area in the early centuries A.D., though eventually the Catholic Church took over. Local abbeys and monasteries drove up the quality of grape growing and winemaking. Setting up in the towns at the base of the slope, they helped to demarcate Burgundy's planting sites and define the *terroir*, or sense of place, for which each would become known. Their legacy is a crazy quilt of diversity. The Côte d'Or is just a fraction of a region that also includes Chablis to the north and the Mâconnais, the Côte Chalonnaise, and Beaujolais to the south. But there are nearly 1,200 vineyards in just over 30 miles of narrow terrain. Grouped into more than 60 controlled areas, or appellations, Côte d'Or vineyards are classified in a hierarchy that runs from the lauded *grands crus* and nearly as revered *premiers crus* to vil-

lage vines with less desirable clay soils and the catch-all regional designation.

It's taken for granted that the best grapes are grown in *grands crus*—vineyards like the two-acre La Romanée, which produces just 12 barrels annually, its bottles fetching thousands of dollars each. But Burgundy isn't only about rarefied wine. At its heart are myriad villages, populated by families who have been honing their craft for generations. With that kind of village culture, you can get village bargains. Some of the most thrilling burgundies are humble labels that happen to be made by top producers. Such wines can be had at

THOMAS PASTUSZAK is the wine director of The NoMad restaurant in New York City. This is his first article for SAVEUR.



wonderfully gentle prices—if you venture off the beaten path.

That's why we were on bicycles. The slow climb allowed us to linger over the lay of the land so we could begin to understand why the best sites (which yield the priciest wines) lie where they do and also to appreciate the great values possible from neighboring towns, lesser-known appellations, and even lesser-known grapes.


In the chardonnay-dominant appellation of Meursault, we rode past the vineyards planted in dark, uniform earth on the gentle inclines close to the main roads and eponymous town. As we huffed up the east-facing hill to Bouchères and Genevrières and other Meursault *premiers crus*, the road grew steep and the soils revealed their mineral complexity: calcium-rich limestone and rocks red with iron. Jean-Marc Roulot, one of Burgundy's greatest producers of white wine, makes his top chardonnays from these *premiers crus*. He also crafts a beautiful introductory level bourgogne blanc from grapes sourced from his village-level vineyards. Made with the same care as his best Meursault, it has a similar elegance, with a green apple snappiness, but costs far less.

Farther uphill, we ventured into the appellation of Auxey-Duresses. Though it doesn't get the attention of its prestigious neighbor, sleepy Auxey-Duresses offers fabulous values. Here, the young winemaker Benjamin Leroux makes a white with lip-smacking cit-

rus notes and a long, creamy finish that's as beautiful as a fine Meursault but priced at just \$30.

For pinot lovers, there are bargains here too. Near the town of Auxey-Duresses is the vineyard Le Val. An obscure *premier cru*, it isn't considered truly prime Burgundian real estate. But the vines that the winery of Domaine Roblet-Monnot tends in this vineyard are pushing 60 years of age and, in their maturity, they yield intensely concentrated grapes. The resulting meaty wine is a \$48 stunner.

More happy revelations came in the nearby appellation of Volnay. Domaine Marquis d'Angerville produces a bourgogne rouge using grapes from its older Volnay village vines. A mouthful of berries and herbs with a bristling acidity, it offers a glimpse into the greatness of the estate's regal *premier cru* wine at a fraction of the price. From Domaine Michel Lafarge, another lauded red producer, we sampled a surprise white: aligoté. An underdog to chardonnay, it nevertheless proved a lush, citric beauty.

My knee ached as we coasted back downslope past the fruit-laden vines, but I still felt lucky for what I'd learned. Yes, the first taste of a beautifully aged *grand cru* burgundy can stop the world around you. But bottles like that are rare, even for sommeliers, so it was with unvanquished enthusiasm that I sought out these discoveries among the vine rows. They're the ones I could afford to pull the cork on and show off, along with my war wounds, to thirsty friends back home. 

Tasting Notes

Domaine Roulot Bourgogne Blanc 2011 (\$35) Wet stone, green apple, and lemon aromas lead to a laserlike acidity in this white wine made with grapes from excellent Puligny-Montrachet and Meursault vineyards, labeled under a humble regional designation.

2 Edmond Cornu & Fils Chorey-les-Beaune Les Bons Ores 2008 (\$25) Delicate scents of floral strawberry, sour cherry, and dried leaf lead to a rustic, spicy flavor in this old-vine pinot noir.

3 Domaine des Croix Beaune 2011 (\$48) Bright cherry and raspberry aromas give way to a delicately oaked profile with a brisk acidity on the finish in this village-level red wine, which includes some juice from *premier cru* sites to buoy its value and texture.

4 Domaine Olivier Merlin Mâcon La Roche Vineuse Vieilles Vignes 2011 (\$30) With its crisp mineral profile, just-ripe stone-fruit flavor, and gentle oak, this chardonnay from Mâcon, south of the Côte d'Or, offers great value compared with its northern neighbors.

5 Benjamin Leroux Auxey-Duresses 2011 (\$30) Lemon-lime acidity leading to a slightly creamy oak finish of tremendous length gives this chardonnay from the village of Auxey-Duresses the quality to match the wines of the prestigious Meursault

appellation just down the slope.

6 Billaud-Simon Chablis 2011 (\$25) In this crisp chardonnay, bright grapefruit and green apple flavors are supported by the intense chalky minerality typical of wines from cooler northern Chablis.

7 Domaine Roblet-Monnot Auxey-Duresses Premier Cru Le Val 2010 (\$48) Rich, peppery, meaty aromas enhance the dark-fruit character of this weighty pinot noir, a great gateway burgundy for those new to the region's wines.

8 Domaine Michel Lafarge Raisins Dorés Bourgogne Aligoté 2011 (\$20) Made from some of the oldest vines of this grape variety in the region, this exemplar of Burgundy's "other" white wine offers ripe, lush citrus balanced by well-integrated oak.

9 David Duband Côte de Nuits-Villages 2011 (\$30) Red cherry and brambly red currant flavors are balanced by ample acidity and subtle oak in this red wine made with grapes sourced from the commune of Brochon, right next to the heralded pinot village of Gevrey-Chambertin.

10 Domaine Marquis d'Angerville Bourgogne Pinot Noir 2011 (\$40) Juicy strawberry and cranberry character is enhanced by delicate herbal tones and electric acidity in this old-vine wine from Volnay that belies its modest bourgogne rouge label. —T.P.



My Search for Nitza

Cuba's culinary grande dame taught generations to cook the island's classics—a true inspiration for one writer's family in times of lean and plenty

their children. But as large as she figures in our hearts and minds, little has been written about the woman who managed to transcend time, politics, and an island, and whose influence would stretch far beyond Cuba's shores to profoundly touch me, an American woman born to Cuban immigrants.

Along with my mother, it was Nitza who had taught me to cook and appreciate food. I'd known of her for years, but it was only after I went to culinary school and began to think more seriously about food that I set off on a journey to understand her. As I prepared her sweet flan recipe, I wondered if Nitza truly was an instrument of propaganda for the Cuban government, as some have suggested, and sought to understand her influence on millions of kitchens throughout the Cuban diaspora. This is the story of my search for those answers. My search for Nitza.

"You will need to cook for yourself now," my mother said, standing in our yellow-tiled kitchen in 1988. I was moving away to college and she wanted to make sure I could take the Cuban dishes of my Miami childhood with me: a lavishly spiced ground beef dish called *picadillo*, and comforting *fricassé de pollo*, tender braised chicken in a tomato sauce dotted with olives, capers, and raisins. She handed me *Cocina Criolla*, the bible of Cuban cooking, written more than 60 years ago by Nitza Villapol, the island's most influential culinary figure.

Nitza, as she was known, was most famous for hosting a cooking show on Cuban television called *Cocina al Minuto*, which launched in 1948, as many a compatriot will point out, a good 15 years before Julia Child debuted on American airwaves. She was also a radio host, a magazine columnist, and a spokeswoman for food brands, a one-woman empire who taught generations of Cubans to cook the classics. Her cookbooks had several renegade print runs in the United States. Nostalgic Cuban families who had fled the Castro regime, as my own family did in the 1960s, relied on these reprints to keep a piece of their beloved island alive and to pass on their heritage to

When I reached out to Marcos López, a Cuba-based friend of Nitza's who wrote a book about her life, the first thing I learned is that, like me, she was born in America, not Cuba. As a kid in the 1920s, she lived in a small apartment in New York City's Washington Heights neighborhood, where her parents frequently welcomed fellow Cuban expats. They would drop by unannounced, and Nitza's mother, Juana Maria, would whip up hearty Cuban meals. "*Juana Maria cocina al minuto*," friends joked, impressed by her ability to feed a group in minutes. A few years later, Nitza and her family settled in Havana, the island's cosmopolitan capital, where my family comes from. She was homeschooled after a bout with polio left her bedridden. At 19,

BETTY CORTINA-WEISS is the editor-in-chief of *Indulge* magazine in Miami. This is her first article for *SAVEUR*.



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★ Fricassé de Pollo (Cuban-Style Chicken Stew)

SERVES 4

Nitza Villapol, the legendary Cuban cook and author, taught generations of islanders and exiles to make this hearty chicken stew. It draws flavor from *alcaparrado*, a mix of pimento-stuffed olives and capers, and sweetness from raisins.

- 1/4 cup fresh lime juice
- 1/4 cup fresh orange juice
- 3 cloves garlic, lightly smashed
- 1 3 1/2–4-lb. chicken, quartered (backbone discarded or saved for stock)
- Kosher salt and freshly ground black pepper, to taste
- 1/3 cup olive oil
- 1 large green bell pepper, stemmed, seeded, and thinly sliced
- 1 large white onion, thinly sliced
- 1 cup dry white wine
- 1 lb. russet potatoes, peeled and cut into 1" pieces
- 1/2 cup jarred alcaparrado

(see page 93) or 1/3 cup pimento-stuffed olives and 2 tbsp. capers

- 1/4 cup raisins
- 1 8-oz. can tomato sauce
- 1 cup frozen peas, defrosted

1 Toss lime and orange juices, garlic, chicken, salt, and pepper in a bowl. Cover with plastic wrap; chill 1 hour.

2 Heat oil in an 8-qt. saucepan over medium-high heat. Remove chicken from marinade; pat dry using paper towels and reserve marinade. Working in batches, cook chicken, flipping once, until browned, 8–10 minutes. Transfer chicken to a plate. Add bell pepper and onion to pan; cook until soft, 6–8 minutes. Add wine; cook, scraping up browned bits from bottom of pan, until reduced by half, 5–7 minutes. Return chicken to pan and add reserved marinade, potatoes, alcaparrado, raisins, tomato sauce, salt, pepper, and 1/2 cup water; boil. Reduce heat to medium-low; cook, covered, until chicken and potatoes are tender, about 45 minutes. Stir in peas before serving.

Nitza was able to walk again and she found a job teaching Spanish at a public school, but she always aspired to more.

Through López's account of Nitza's life, I learned how that early hardship filled her with gumption and helped her claim a place in history: The moment she read about the launch of Cuba's first television station in the local newspaper, she simply wrote the owner proposing he hire her to develop a cooking show. He did, and the first episode of *Cocina al Minuto* aired December 23, 1948. While I've never been able to view that original show, I've seen so many photos of Nitza that I can picture her on the set with her soft curls and precisely defined lips and eyebrows. I imagine she looked so glamorous making *guanajo relleno*, a Christmas turkey that relied on a classic Cuban marinade of garlic, citrus, oregano, and cumin. It was her mother's recipe.

The show became one of the most successful programs in Cuban television history, and it kicked off Nitza's career against the backdrop of a Cuba vastly different from the time-stalled island we know today. The glamorous playground for socialites and celebrities was brimming with American products back then. Poring over Nitza's early books and articles in the stacks of the University of Miami's Cuban Heritage Collection, I kept seeing ingredients and tools referred to by their brand names—to purée something in a blender, for instance, is *osterizar*, or “to Oster-ize” it—and her cookbooks were just as likely to include instructions for fancy bisques, soufflés, and aspics as for homey dishes of black beans and rice.

But in 1959, when Fidel Castro came to power, things began to change. Within six months, sweeping agrarian reform redistributed large swaths of privately held farmland, some to the peasants who tilled it but most to the government itself. Castro nationalized American sugar and rice mills and food packaging plants, and within three years 70 percent of all Cuban farmland was under the central government's control. The few independent farmers who remained were required to sell to the state at artificially low prices. There were drastic food shortages by 1962, which led to the establishment of a food rationing system that remains in place today. By then the United States had severed diplomatic ties with the island and imposed an economic embargo that's still in place as well.

“Certain ingredients began to disappear,” Nitza said in the 1983 documentary *Con Pura Magia Satisfechos*, filmed in her Havana living room when she was about 60. “Some disappeared all of a sudden, others disappeared little by little. There were very difficult moments, days when at noon I didn't yet know what we were going to be able to cook on the show a few hours later.” For Nitza—for all Cubans trying to put food on the table—the shortages meant that homegrown staples like plantains, mangoes, and coffee, as well as basic imports like rice and oil, became scarce.

Long before I'd watched the film, I had heard about those days. My parents were still in Cuba when the shortages began, and they often told me of the night when there was a single avocado for dinner, bought on the black market, and of the days they got by on water alone. Those experiences would shape their lives in America,

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for homey
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and rice*

influencing how they raised me in a small rental apartment in a working-class neighborhood. Every night my family made a point of sitting down to a homemade dinner.

By the 1980s, Nitza was teaching Cubans how to fry eggs with no oil, make breaded steak with no eggs, and, when meat and other animal proteins all but disappeared from ration cards, cook the pith of a grapefruit as if it were a steak. When the amount of rice rationed to each family was reduced—an unthinkable loss for Cubans—Nitza taught people to make macaroni and beans instead.

“She was determined that Cubans be known not for their austerity but for their ingenuity,” said Lillian Guerra, a Cuban-American history professor I spoke to at the University of Florida. The 1991 collapse of the Soviet Union, which had propped up the Cuban economy for nearly three decades, was catastrophic. Agriculture came to a virtual halt, buying and selling meat or produce without government sanction became a serious crime, and the average Cuban citizen lost 20 pounds in the two years that followed.

It was during this time that I first traveled to Cuba to meet my extended family, a few years after I’d received that fateful cookbook from my mother, years before I would learn Nitza’s story. I traveled to the outskirts of Havana to visit my grandmother’s sister, Tia Mamita. A wisp of a woman, she hugged me tightly, her embrace erasing years and distance and even the fact that we’d never met before. The sun was unforgiving, and I remember the tall glass of cold water she offered, which I guzzled gratefully. I left my aunt’s home thinking how nice it was to meet her and how small she looked in comparison with my grandmother, who lived in the United States.

This was at the tail end of Nitza’s career. She was running out of ingredients for her show, focusing instead on fashion and gardening. It was a tragic turn for the Castro supporter who had dedicated herself to the idea that even in the most dire moments, a plate of food could preserve dignity. Her show went off the air in 1993, and the last episodes were difficult to watch. The kitchen, like Cuba itself, was neglected. Its famous host wore a sagging housedress and her eyes were filled with defeat. A few years later, at age 74, Nitza died of heart failure.

Shortly thereafter, I returned to Cuba, stopping at Tia Mamita’s home to drop off a package. “You must come in and stay for a while,” she said. I had plans that day to see friends, but she insisted. “You must come in and eat something. The last time you were here all I could offer you was a glass of water. I had nothing in my refrigerator that day, and I was terribly embarrassed.” Her eyes welled. “So when you left, I went out and bought a can of peaches.” She showed me a plain tin with no label. “I have been saving it in case you would one day return. I don’t have much in my refrigerator today, but my child, these peaches are yours.”

I thought about my friend waiting for me outside with his motorcycle still running, and I hesitated. But when I looked into my aunt’s brown eyes, I understood the sentiment: the consummate Cuban custom of bestowing generosity on a visitor, whether family, friend, or stranger, driven by the notion that hospitality is our ultimate measure of grace. It is the grace that Nitza knew to be present in a plate of food, whether made in times of ease or struggle. The same grace tucked into the pages of the precious cookbook my mother would give me just a few years later. I turned and yelled out at my friend. “Park the bike! We’re going to eat some peaches.” 🐦

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Ingredient

BY TEJAL MAO

Photographs by Andre Baranowski
and Ingalls Photography

Milk's Finest Hour

From decadent sweets and creamy condiments to the best marinade for tender grilled meats, yogurt's culinary potential is boundless

Persimmon frozen yogurt spiced with pepper and cardamom. Facing page: grilled yogurt-marinated lamb shoulder chops. Recipes start on [page 43](#).





Red leaf salad with ranch dressing (see [page 44](#) for recipe).

ANDRE BARANOWSKI, FACING PAGE: ILLUSTRATION BY TINA ZELMER

When I was a kid, my mother made yogurt from the fatty cream-top milk delivered in glass bottles to our house in London. Delicate and wobbly, the yogurt broke at the touch of a spoon like a ghostly crème caramel. She'd make it in a ceramic jar, which would appear on the dining table at least once a week when we ate Gujarati-style potatoes and string beans fried with cumin seeds, or bright yellow lentils with rice. My brother and I would take spoonfuls to temper the heat of the chiles. The curds were cool and tart in a puddle of cloudy whey, but never exactly the same as the last jar.

I didn't know the reason then, but here's why: Yogurt is alive. It's milk, occupied by colonies of thermophilic (heat-loving) bacteria, thickening and souring within hours as it ferments, with countless variables in the process. Like my grandmother, who'd grown up in rural Uganda, my mother made yogurt the old-fashioned way, by feel, and couldn't be bothered with a thermometer or timer. Often it was perfect: silky and mellow, tasting exquisitely of fresh milk. But on days when she rushed warming the dairy, the proteins overheated and coagulated into tiny lumps, giving the final yogurt an edge of graininess. If she forgot about the jar for a day, the yogurt might ferment for too long and end up thin, or a touch too sour.

For me, these surprises were all part of yogurt's charm, and I loved it as a condiment almost as much as I loved *kadhi*, a spicy, savory yogurt soup from India that happens to be one of my earliest and most cherished food memories. When yogurt is

heated it splits, but *kadhi* is cleverly bound with a spoonful of chickpea flour, which acts as a stabilizer and keeps the texture smooth and glossy. The soup, seasoned with green chiles, garlic, and ginger, can be thin and neon yellow with turmeric, or thick and light. My mother's was pale in color but full of flavor—a soft, creamy blanket embroidered with spice and heat. If the kick of dry red chiles was too much for me to bear, I was sometimes allowed to sprinkle the tiniest bit of white sugar over the top.

My mother made yogurt with cream-top milk delivered to our house; delicate and wobbly, it broke at the touch of a spoon like a ghostly crème caramel

Man has been fermenting milk for thousands of years. In fact, yogurt is so simple to make that it most likely started as a happy accident among the earliest nomads to herd and milk animals. Sitting around on a sunny day, the milk had all it needed to get the party started: bacteria and warmth. Within hours it transformed into something more valuable than raw milk, something that would last longer without spoiling. Later, yogurt makers all over the world learned to heat the milk first, then inoculate it with bacteria, controlling the texture and tang more carefully.

Today, yogurt is one of the most universal and diverse foods in the world. People from the Mediterranean to South Asia make variations using distinct regional bacteria and milks—goat, sheep, cow, camel, yak. In the Middle East, yogurt is dehydrated in the sun, often with the addition of wheat, and turned into dense pellets or powders known as *kashk* that can travel well in hot, dry climates and keep through long

The Science of Yogurt

All yogurt starts as milk. With the addition of certain bacteria—also known as yogurt cultures—and under the right conditions, the milk transforms into a tangy, spoonable food. The added bacteria, usually *Lactobacillus delbrueckii* subsp. *bulgaricus* and *Streptococcus salivarius* subsp. *thermophilus*, are thermophilic, which means they activate at warm temperatures (between 86 and 114 degrees). When in this sweet spot, the bacteria feed on the milk's sugars, known as lactose, creating a wholly new product within two to twelve hours. The by-product of this fermentation process is lactic acid, detectable to us as yogurt's signature sourness. It forces the milk's protein, or casein molecules, to break down and recombine, transforming milk from a

liquid into a delicate, semisolid gel. Historically, yogurt makers all over the world fermented milk spontaneously, allowing the milk to interact with any number of ambient bacteria, which meant that yogurt varied tremendously from place to place. But in the early 20th century, Russian biologist Ilya Mechnikov isolated bacterial strains at the Pasteur Institute in Paris, creating the go-to starter—or culture used to begin each batch of yogurt fermentation—for almost all commercially and artisanally produced yogurts and changing the course of this homemade foodstuff. —T.R.



BEANS AND RICE.





ANDRE BARANOWSKI (4)

winters. Rehydrated with water, it can thicken soups or serve as a garnish to cold weather stews. In India, yogurt makers hang the curds in muslin, draining the whey to produce a dense, luxurious cream (I like it best beaten with sugar and infused with cardamom in the dessert known as *shrikhand*). Other kinds of fermented milks have developed too—not technically yogurts but variations on the theme—like Icelandic *skyr* and creamlike *viili* from Finland, which is made with cultures that grow at cooler temperatures, producing milder flavors. In Russia and central Asia, yeast is added to the culture to make kefir and *kumys*, which produce alcohol as they ferment into wonderfully sour, fizzy drinks.

The world's yogurts were once all home-made. Then, in the early 20th century, a Russian scientist named Ilya Mechnikov isolated the bacteria (see “The Science of Yogurt,” [page 39](#)) that became the standard starter for industrially produced yogurt. In Barcelona in 1919, using that same bacteria, Isaac Carasso founded Dannon, one of the first companies to bring yogurt to the masses in the U.S., where it was previously known only among the immigrant communities who made it at home, using yogurt from earlier batches as a starter. Carasso opened a factory in New York in 1942, and by the time he died in 2009 at the age of 103, he'd played a major role in taking yogurt from immigrant foodstuff to global phenomenon. I grew up enamored of my mother's home-made yogurt, but when I left home for school, if I couldn't find small-batch artisanal jars that approximated her own, I found comfort in the sweet blandness of commercial versions (see “Dairy Queens,” [page 90](#)), which I loved under a wave of honey.

Years later, after working in restaurant kitchens, I learned to appreciate yogurt as an ingredient. Baked with sugar, vanilla, and eggs in a tart shell or churned with sugar and

fruit in a refreshing spiced persimmon frozen treat, it lends creaminess and depth of flavor to desserts. Blended with herbs and spices, it makes a fantastic savory drink, as in Bangladeshi ginger-and-mint *burhani*. In Turkish *çilbir*, softly poached eggs sing with garlicky yogurt and paprika-infused butter. And yogurt's lactic acid, produced as it ferments, makes it ideal for tenderizing lamb shoulder or other tough cuts in a marinade. A dollop adds a pleasant, tangy note to herb-packed ranch dressing, perfect atop a pile of red leaf lettuce. Mixed with cucumber, it makes a cooling condiment, such as Greek *tzatziki*, and when strained, as with *labneh*, it becomes thick and creamy enough to coat pasta like a sauce.

On a particularly gloomy day this winter, I felt pangs of homesickness. I remembered standing on a red stool when I was little so I could reach the stove to stir my mother's *kadhi* with a wooden spoon. “Don't stop stirring!” she would shout from the other side of the kitchen as she prepared the *vagaar*—an infusion of black mustard seeds, cloves, cinnamon sticks, and a sprig of curry leaves in hot clarified butter that seasons the *kadhi* just before it's served. So I'd stir, switching arms as each got tired, breathing in the steam rolling off the top, which smelled sweetly of milk and garlic. If I got distracted, the mixture would curdle, and dinner would be ruined, but if I could be patient and just keep the pot moving until it came up to a boil, it would be perfect.

I needed a warming taste of my mother's cooking, so I called her for the recipe, prepared to start from scratch and make my own yogurt (see [page 87](#) for recipe) but wishing I didn't have to. She just laughed. It turns out she always used plain, full-fat Dannon when it came to making *kadhi*. I found a tub at the corner store and got to work smashing the green masala—a paste of chile, garlic, and ginger—and snipping curry leaves from the pot by my window. The first batch looked and smelled just right, but it was far too thick. I tried again. Over the winter, I made *kadhi* many times, but each time it was a little different. An adventure, it was a sweet reminder that yogurt, though an ancient food, is very much alive. ✨

I learned to appreciate yogurt as an ingredient, baked in a tart shell or churned with sugar and fruit, as in a refreshing spiced persimmon frozen treat

Facing page, clockwise from top: *kadhi*, curried yogurt soup; *çilbir*, Turkish poached eggs in yogurt infused with garlic and dill; *burhani*, Bangladeshi spiced yogurt drink; and *tzatziki*, cucumber yogurt dip. Recipes begin on [page 43](#).



OUR
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FOOD.



Labneh tart (see page 44 for recipe).

★ Burhani

(Bangladeshi Spiced Yogurt Drink)

SERVES 2-4

Cumin and other savory spices, toasted to bring out their aromatics, combine with mint, cilantro, and chile to flavor this smooth Bangladeshi yogurt drink (pictured on [page 40](#)).

- 1 tsp. black mustard seeds (see [page 93](#))
- 1 tsp. coriander seeds
- 1 tsp. cumin seeds
- 2 1/2 cups plain full-fat yogurt, strained overnight
- 3/4 cup packed mint leaves
- 1/4 cup packed cilantro leaves
- 1/2 tbsp. ground kala namak (black salt; see [page 93](#))
- 1/2 tsp. ground ginger
- 1/2 tsp. ground white pepper
- 1 fresh green Thai chile (see [page 93](#)), stemmed
- Kosher salt, to taste

Heat mustard seeds, coriander, and cumin in an 8" skillet over medium-high heat until seeds begin to pop, 3-4 minutes. Transfer to a spice grinder and grind into a fine powder; transfer to a blender. Add yogurt, mint, cilantro, black salt, ginger, white pepper, chile, kosher salt, and 1 cup cold water; purée until smooth.

★ Cilbir

(Turkish Poached Eggs in Yogurt)

SERVES 2

Poached eggs atop garlic-and-dill-infused yogurt (pictured on [page 40](#)) is a perfect dish to sop up with warm bread.

- 1 cup plain full-fat Greek yogurt
- 1 tbsp. finely chopped dill
- 2 cloves garlic, mashed into a paste
- Kosher salt and freshly ground black pepper, to taste
- 1/2 cup white vinegar
- 4 eggs
- 3 tbsp. unsalted butter
- 1 tsp. Aleppo pepper
- Warm pita or country bread, for serving

1 Stir yogurt, dill, garlic, salt, and pepper in a bowl. Divide between 2 plates and set aside.

2 Boil a 4-qt. saucepan of salted water. Reduce heat to medium and add vinegar; using a slotted spoon, swirl water to create a whirlpool. Crack 1 egg at a time into a bowl and slide egg into water; poach until white is firm but yolk is still runny, about 3 minutes. Using slotted spoon, transfer eggs to paper towels to drain; divide between plates.

3 Melt butter in an 8" skillet over medium-high heat. Stir in Aleppo pepper and salt; drizzle over eggs. Serve with warm bread.

Grilled Yogurt-Marinated Lamb Shoulder Chops

SERVES 4-6

These lamb shoulder chops tenderize in a yogurt marinade flavored with cumin and cardamom (pictured on [page 37](#)) before grilling.

- 6 lamb shoulder chops (about 8 oz. each), trimmed
- 1 large yellow onion, sliced crosswise into 1/2"-thick rings
- Kosher salt and freshly ground black pepper, to taste
- 1 cup plain full-fat yogurt
- 3 tbsp. olive oil
- 2 1/2 tsp. ground cumin
- 2 tsp. ground green cardamom
- 8 cloves garlic, mashed into a paste
- Zest and juice of 1 lemon
- 6 medium seedless oranges, ends trimmed, halved crosswise

1 Place lamb and onion in a 9" x 13" baking dish; season with salt and pepper. Stir yogurt, oil, cumin, cardamom, garlic paste, zest, and juice in a bowl; rub over lamb. Cover with plastic wrap; chill 4 hours.

2 Heat a charcoal grill or set a gas grill to medium-high. (Alternatively, heat a grill pan over medium-high heat.) Remove lamb from marinade and grill, flipping once, until slightly caramelized and cooked to desired doneness, 10-12 minutes for medium; transfer to a serving platter. Grill onion and oranges until slightly charred and tender, 5-7 minutes; serve alongside lamb.

★ Kadhi

(Curried Yogurt Soup)

SERVES 4-6

Chickpea flour acts as a stabilizer, preventing yogurt from curdling in this aromatic soup (pictured on [page 40](#)) adapted from senior editor Tejal Rao's family recipe. For hard to find ingredients, see [page 93](#).

- 4 cups plain full-fat yogurt
- 1/2 cup milk
- 3 tbsp. chickpea flour
- 3 tbsp. roughly chopped cilantro, plus more for garnish
- 1/8 tsp. ground turmeric
- 2 cloves garlic, peeled
- 2 fresh green Thai chiles or 1/4 small serrano, stemmed
- 1 1/2" piece ginger, peeled and thinly sliced

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- 2 tbsp. ghee or canola oil
- ½ tsp. black mustard seeds
- ½ tsp. cumin seeds
- ⅛ tsp. asafoetida
- 3 curry leaves
- 3 whole cloves
- 1 dried chile de árbol
- 1 stick cinnamon
- 1 tsp. sugar
- Kosher salt, to taste

Purée yogurt, milk, chickpea flour, cilantro, turmeric, garlic, fresh chiles, ginger, and 1 cup water in a blender until smooth; set aside. Heat ghee in a 4-qt. saucepan over medium-high heat. Add mustard seeds, cumin seeds, and asafoetida; cook until seeds begin to pop, about 30 seconds. Add curry leaves, cloves, chile de árbol, and cinnamon; cook 1–2 minutes. Add yogurt mixture, sugar, and salt; bring to a boil, stirring constantly. Reduce heat to medium; cook, stirring occasionally, until slightly thick, 12–15 minutes. Garnish with cilantro.

Labneh Tart

SERVES 8

In this recipe adapted from Alice Medrich's *Pure Dessert* (Artisan, 2007), labneh, a thick strained yogurt, is the base for a vanilla-spiked filling (pictured on [page 42](#)).

For the crust:

- 1 cup flour
- ¼ cup sugar
- ¼ tsp. kosher salt
- 8 tbsp. unsalted butter, melted
- ¾ tsp. vanilla extract

For the filling:

- 1 lb. labneh (see [page 93](#))
- ¼ cup sugar
- 1 tsp. vanilla extract
- ⅛ tsp. salt
- 3 eggs

1 Make the crust: Heat oven to 350°. Whisk flour, sugar, and salt in a bowl. Stir in butter and vanilla until dough forms; press into bottom and up sides of a 9" springform pan. Using a fork, prick dough all over. Line

dough with parchment paper and fill with pie weights or dried beans; bake until pale golden, 13–15 minutes. Remove paper and weights and bake until golden brown, 8–10 minutes more; let cool.

2 Make the filling: Lower oven to 300°. Whisk labneh, sugar, vanilla, salt, and eggs in a bowl until smooth; pour filling into crust. Bake until just set in the center, about 20 minutes. Let cool before serving.

★ Red Leaf Salad with Ranch Dressing

SERVES 6–8

Light, tangy yogurt replaces rich mayonnaise in this herb-laced dressing (pictured on [page 38](#)).

- 6 oz. ciabatta or baguette, cut into 1" pieces
- ¼ cup olive oil
- Kosher salt and freshly ground black pepper, to taste
- 2 tbsp. white wine vinegar
- 3 cloves garlic, mashed into a paste
- 1¼ cups plain full-fat Greek yogurt
- ½ cup buttermilk
- 2 tbsp. finely chopped chives
- 2 tbsp. finely chopped parsley
- 1 tbsp. finely chopped tarragon
- 1 tbsp. finely chopped thyme
- 1½ tsp. Dijon mustard
- ½ tsp. dried dill
- ¼ small yellow onion, grated
- 2 heads red leaf lettuce, trimmed and torn into 2" pieces
- 1 pint cherry or grape tomatoes, halved
- ½ small red onion, thinly sliced

1 Heat oven to 400°. Toss ciabatta with oil, salt, and pepper on a baking sheet; bake until golden and crisp, 10–12 minutes.

2 Stir vinegar and garlic paste in a bowl; let sit 5 minutes. Whisk in yogurt, buttermilk, chives, parsley, tarragon, thyme, mustard, dill, onion, salt, and pepper; set dressing aside. Toss reserved croutons, lettuce, tomatoes, and onion in a bowl; drizzle with dressing.

Spiced Persimmon Frozen Yogurt

MAKES 1 QUART

Classic frozen yogurt gets a boost from floral persimmon and toasted spices (pictured on [page 36](#)).

- 6 whole black peppercorns, lightly crushed
- 4 green cardamom pods, lightly crushed
- 4 whole cloves
- 1 cinnamon stick, broken in half
- ½ cup sugar
- ½ tsp. freshly grated nutmeg
- 2 cups plain full-fat yogurt
- 1 cup Hachiya persimmon pulp (see [page 93](#))
- 1 cup milk
- 1 tsp. vanilla extract

Heat peppercorns, cardamom, cloves, and cinnamon in a 2-qt. saucepan over medium-high heat until fragrant, 4–5 minutes. Add sugar, nutmeg, and ¼ cup water; boil. Cook until sugar is dissolved, 1–2 minutes; let cool, strain, and transfer to a bowl. Whisk in yogurt, pulp, milk, and vanilla. Pour mixture into an ice cream maker and process according to the manufacturer's instructions until yogurt is churned and thick. Transfer to an airtight storage container; freeze until set, at least 4 hours.

★ Tzatziki

(Cucumber Yogurt Dip)

MAKES 2 CUPS

Grated cucumber marries with chopped herbs and aromatics in this iconic Greek yogurt condiment (pictured on [page 40](#)), great as a dip or served alongside meat or vegetables.

- ½ large English cucumber, peeled
- 1 tbsp. kosher salt, plus more to taste
- 2 cups plain full-fat Greek yogurt
- 3 tbsp. finely chopped dill
- 2 tbsp. finely chopped mint
- 1 tbsp. fresh lemon juice
- 2 cloves garlic, mashed into a paste
- 1 small shallot, finely chopped
- Freshly ground black pepper, to taste
- 2 tbsp. olive oil
- Paprika, for garnish

Grate cucumber using the large holes of a box grater; transfer to a fine-mesh strainer set over a bowl. Toss cucumber with 1 tbsp. salt; let sit 10 minutes. Squeeze excess water from cucumber and transfer to a bowl. Stir in yogurt, dill, mint, lemon juice, garlic paste, shallot, salt, and pepper; drizzle with oil and sprinkle with paprika to garnish.

World of Raita

★ All across India, fiery hot curries and dals are served with a cooling side of *raita*, a mixture of yogurt and vegetables that is often seasoned with spice-infused oil and fresh herbs. Prepared with seasonal vegetables, fresh *raita* might include grated carrots and cucumbers one day, chopped ripe tomatoes and chickpeas the next. What doesn't change is *raita*'s wonderful versatility: The mix can be served as relish, dip, salad, or side. To make beet *raita*: Whisk 2 cups plain yogurt and 1 tsp. sugar in a bowl until smooth; set aside. Heat 1 tbsp. canola oil in an 8" skillet over medium-high heat. Add 1 tsp. cumin seeds and ¼ tsp. asafoetida; cook until fragrant, 1–2 minutes. Let cool slightly and stir into yogurt mixture with ⅓ cup chopped cilantro, 3 medium roasted, peeled, and diced beets, ½ small finely chopped serrano chile, and kosher salt. Makes about 3 cups. —T.R.



CREOLE MESTIZO CARIBBEAN MAYA GARIFUNA IT'S ALL BELIZEAN TO US



DISCOVER

the cuisine of our seven unique regions. With so many different cultures living in one area, no matter where you go you'll be able to enjoy unique and flavorful cuisine. Whether it's BBQ, Creole, Maya or any of the above with seafood, Belize has something for every taste.



CENTRAL COAST

Creole is the food of all Belizeans. The Central Coast has the largest density of Creole Belizeans in the country. While you're in the area, try a "boil up," a stew of fish, potatoes, plantains and cassava with other vegetables and eggs. Another favorite is stew chicken with rice and beans.



WESTERN

The home of street food is Western Belize. Everything from Creole to Guatemalan, to BBQ, is all at its best out west. The twin towns of San Ignacio and Santa Elena are the home of BBQ in Belize. There's also a small movement to take all that is great about street food and amplify it in the restaurant setting. Either way, it's all good.



NORTHERN

Spanish and Yucatan Mayas known as Mestizos populate the Northern district. While you're here, try Mestizo favorites like esabache (onion soup), salbutes (fried corn tortillas with chicken and toppings of tomatoes, onions and peppers), or garnaches (fried tortillas with refried beans, cabbage and cheese).



NORTH ISLANDS

The North Islands are all about seafood. Lobster, conch, snapper, grouper and any other tasty fish from the surrounding waters are on the menu at our beachside restaurants and stands.



SOUTHERN

Head south for some traditional Garifuna dishes like sere lasus (fish soup with plantain balls) or cassava dumplings. They hit the spot after watching a traditional Garifuna drum and dance presentation.



REEF

Get ready for a picnic reef-style. Anything from seafood to BBQ chicken or pork is grilled up and usually served with fresh fruit and beans and rice. It's a great way to refuel after a day of diving or snorkeling in our amazing reef.



SOUTHEAST COAST

Home to locally owned restaurants, sand-floored beachside spots and BBQ wood shacks, The Southeast Coast has everything from seafood to local favorites, like Fry Jacks for breakfast. Placencia has the most restaurants in Belize.

belize

TRAVELBELIZE.ORG

CITY BY THE SEA

A new generation of chefs builds on the rich culinary legacy of the French port of Marseille by Alexander Lobrano Photographs by Landon Nordeman





Chef Arnaud Carton de Grammont of Marseille's **Le Café des Epices**. Facing page: **Le Grain de Sel**'s calamari with chorizo and artichokes (see page 56 for recipe).





WRAPPED IN A WISPY PAPER BAG, THE WARM NAVETTES IN THE CROOK OF MY ARM FELT GOOD AGAINST MY CHEST ON A RECENT DAMP WINTER DAY IN MARSEILLE. THE WHEAT FLOUR WANDS AND THEIR ORANGE-FLOWER PERFUME SUGGESTED WORLDS ONCE UNKNOWN TO ME, A REMINDER OF THE FIRST TIME I INHALED THEIR SCENT 30 YEARS AGO. I WAS A COLLEGE STUDENT TRAMPING THROUGH EUROPE WITH THREE FRIENDS,

and I fell in love with this gruff, big-hearted mutt of a city the moment I stepped off the train at the Gare Saint-Charles.

I was awed by the station's soaring cast-iron and glass canopy and by the pair of stone lions at the top of the monumental white staircase that greeted us as we emerged. The tall wooden shutters of my spartan shared hotel room cast long piano keys of light and shade on the opposite wall, and a lazy breeze smelled of turmeric, cumin, and mint.

On the sidewalk below, men in long brown robes and lacy white skullcaps sat in a

thing more than a time line.

I learned later that the 1970s had been tough for Marseille. As its port traffic collapsed and factories closed, much of the city's bourgeoisie decamped to nearby Aix-en-Provence. The city acquired a crime-tarnished reputation that deepened the tourism slump that had begun when France's North African colonies became independent, and the hundreds of thousands of French colonials who used to summer in Marseille could no longer easily visit the city. In fact, the only way we'd ended up in the city my dog-eared guidebook

A LAZY BREEZE SMELLED OF TURMERIC, CUMIN, AND MINT. MEN IN LONG BROWN ROBES SAT IN A CAFE DRINKING GLASSES OF HOT TEA

café drinking glasses of hot tea, and many of the Sunday-silenced storefronts across the street withheld the nature of their commerce behind exuberant signs of Arabic script. "I wonder where all of these people came from?" asked one of my friends. The not-that-distant convulsions caused by France's abruptly expired North African colonial empire were beyond us well-fed kids from the American suburbs, as were most of the other European realities that made history any-

described as "fairly menacing" was by leaving it to chance and flipping a coin. Two nights max, we said.

We headed to Le Four des Navettes, which was founded in 1781, because my guidebook claimed the *navette* cookies offered a "unique taste of Marseille" and explained they were named after an unmanned boat that miraculously arrived in the port during the 13th century bearing a wooden statue of the Virgin Mary. I blasphemously thought of them as the Mediterranean equivalent of Nilla wafers, but I loved the bluff nonchalance with which this fabled

ALEXANDER LOBRANO is a *SAVEUR* contributing editor and the author of *Hungry for France* (Rizzoli, April 2014). New York-based LONDON NORDEMAN is a *SAVEUR* contributing photographer.

Rodolphe Bodikian of pizzeria L'Eau à la Bouche. Facing page: candied black olive cake (see page 56 for recipe).

FACING PAGE: INGALLS PHOTOGRAPHY

FISHERMEN'S STEW

No dish has come to symbolize the city of Marseille quite like bouillabaisse, a traditional fish stew built on stock made from tiny, flavorful rockfish and served with creamy aioli and crusty bread. But bouillabaisse is just one star in a constellation of fishermen's stews, one-pot seafood dishes with as many variations as there are kitchens in the south of France. The lesser-known but equally charming bourride (see [page 56](#) for recipe), another Marseillais classic, gets its flavor from shrimp and firm-fleshed fish such as bass, turbot, cod, and snapper. The dish is simpler and milder than its world-famous cousin, but a delicate hand is still required to create its broth of onion, leek, and tomato, which is strained and then thickened with a generous dollop of garlicky aioli. The aioli, typically sharpened with a bit of mustard, deepens the flavors of the broth and lends a luxurious, velvety body. Keep in mind that once the aioli is added, the broth must be stirred constantly until it comes to a simmer, so that the egg yolk doesn't coagulate and the emulsion remains smooth. —A.L.



shop went about its business. Elsewhere in France, famous bakeries were tarted up for tourists with prices to match, but this was a neighborhood spot where the cashier flirted with bakers in floury T-shirts, and old ladies with sturdy thighs and wire shopping caddies stopped in for a baguette. Marseille's lack of glamour charmed me.

And unlike the other great ports of Europe, this city hadn't lost all of its brawny allure since the fascinating business of loading and unloading people and goods was removed from the center city to distant dockyards. Marseille still had buckets of what the French call *de la gueule*, or character, and this is what seduced me the day I arrived with the desperate desire to exchange the sea I'd grown up on—the cold, dark green waters of Long Island Sound—for the storied shores of the Mediterranean. I came from a New England glade with a gilded zip code, but I had an instinctive loathing for any place that was too safe, clean, or pretty.

That first day, as I aimlessly followed the crowd off La

Canebière, Marseille's gritty main drag, and up a market street with cabbage leaves and smashed oranges in the gutter, it struck me as both sad and funny that such expense and effort had gone into keeping me at arm's length from everything I yearned for—color and chaos, spontaneity and sensuality.

THE FOLLOWING morning, I fumbled in bad French at our hotel's front desk asking if any nearby restaurants were open for lunch. The young med student with the black-frame glasses answered me in the perfect English he said he'd learned from watching episodes of *Bewitched* in his native Morocco. "Go to Chez Aisha for couscous méchoui," he said. None of us knew what couscous was, but when Aisha came through the curtain of softly rattling beads from the kitchen with a steel platter of fluffy almond-color semolina draped with tender crusted chunks of roasted lamb, we all recognized a feast.

I spent the next couple of days happily entranced, exploring the city one meal at a time on my limited budget. I loved it all: the famous pizza at Chez Etienne, a clubby hole-in-the-wall in Le Panier, the city's oldest *quartier*;



Pan-fried eggplant with balsamic, basil, and capers (see [page 58](#) for recipe). Facing page: a customer at Le Bistrot d'Edouard.



SAUMON SERRANO, PAN CON TOMATE 7€
JAMBON PATA NEGRA, PAN CON TOMATE 9€
ANCHOIS MARINÉS, PAN CON TOMATE 6€
PONTARGUE ET PAIN TOASTÉ A L'HUILE D'OLIVE 6€
AUBERGINES FRITES À LA MENTHE 6€
POIVRONS MARINÉS ET CHÈVRE FRAIS 7€
ARTICHAUTS VIOLETS AU PARMESAN 7€
FROMAGES AFFINÉS:
- MANCHEGO PÂTE DE COING 6€
- CHÈVRE FERMIER, CONFITURE DE FIGES 7€
CARPACCIO DE POISSON À LA MENTHE 7€
TARTARE DE SAUMON, MIEL ET ANETH 7€
FRITURE DE POISSON 7€ - 9€
FIDÉO DE LA MER 10€
(SEICHES À LA PLANCHA, VERMICELLES À L'ENCRE
ET AIOLI AU FROMAGE BLANC)
BRANDADE DE CABILLAUD, HUILE D'OLIVE À LA TRUFFE 7€
SUGGESTION

PLAT

PIÈCE DE BOEUF À LA PLANCHA, 20€
POMMES DE TERRE FRITES "MAISON"

POISSON DU JOUR 18€ - 25€

DESSERTS "MAISON"

GATEAU FONDANT AU CHOCOLAT 6€
CHURROS SAUCE CHOCOLAT-NOISETTE 6€
SAUCE DE FRUITS FRAIS 6€
SUGGESTION

the lusty flavors at Chez Vincent, an old-line Marseillais-Sicilian restaurant, where the owner, Rose Suggello, fed us garlicky fire-blistered red peppers and the best liver I'd ever eaten.

For a splurge, I cashed the emergency traveler's check my grandmother had given me so that we could eat Marseille's most iconic dish, bouillabaisse (see "Fishermen's Stew," [page 50](#)). The saffron-laced fish stew and its lesser-known relative, bourride, have their roots in the discards of the catch, chucked into the pots of hungry mariners returning to port. But we ate ours at Le Miramar, then the grandest restaurant in Marseille and a place where haughty waiters took a dim view of students whose idea of dressing up was a clean shirt and Levi's.

Interwoven with these tastes of classic Marseille were my first tastes of *lahmajoon*, a delicious pizzalike Armenian flatbread, and my first grilled sardines, which I ate with a stubby glass of rosé in a smoky room full of mostly mustached men watching a soccer match. At each meal, I felt a deepening connection to the city. I fit in because I didn't fit in, just like almost everyone else in Marseille. By the time I awoke to the local muezzin's call to prayer the next dawn, I was besotted.

LITTLE DID I know how much that college trip to Europe was foreshadowing my future. I went on to become a food writer, traveling regularly in France and other European countries to write about what I ate. For the past 27 years, I've lived in Paris, but I've carried a torch for Mar-

Clockwise from left: a server at Le Mistral; pan-fried sole with red quinoa and vegetables; chef Xavier Zapata of Les Pieds dans le Plat; bourride; chef Bernard Loury of Le Mistral. Recipes begin on [page 56](#).





seille. It's far less celebrated for its cuisine, but its deep history as a port city gives it a singular wealth of influences—that riot of different kitchens that seduced me on my first visit—to draw on.

One of Europe's oldest ports, founded by the Greeks in 600 B.C., Marseille has always attracted wayfarers, traders, and exiles. After the Suez Canal opened in 1869, the city boomed as the main port for France's burgeoning colonial empire and for a time shared with Chicago the title of world's fastest-growing city. Today, most Marseillais are Franco-hyphen-something. Much of its population of 850,000 (it's France's second-largest city) has Italian roots. They're joined by one of the largest Jewish communities in

MARSEILLE IS MATURING, EVOLVING INTO ONE OF THE MOST INTERESTING DINING PLACES IN FRANCE

Europe, France's second-largest Armenian population, one of the largest North African communities in Europe, and thousands of people of Corsican, Greek, Spanish, and Russian ancestry.

Every generation of immigrants contributed new dishes and seasonings to the city's culinary repertoire: Algerians and Tunisians brought rich tagines, merguez, and couscous, broadening the Marseillais pantry with ingredients from the spice trail. The Italians brought pizza and the Spanish developed the city's taste for expensive saffron in its signature bouillabaisse. The latest wave of newcomers are young professionals, including chefs attracted to the city for the richness of its Mediterranean influences and the region's phenomenal ingredients to support



INGALLS PHOTOGRAPHY (SOLE AND BOURRIDE)

those influences. Today, Marseille's dining scene is maturing, drawing from centuries of diversity to go far beyond the rustic, hearty food that sated my young appetite; the city is evolving into one of the most interesting dining destinations in France.

LE GRAIN DE SEL exemplifies this new wave. A simple bistro with polished cement floors and a menu that changes daily, it has become one of my favorite restaurants in Marseille. On a recent visit to the city, I stopped in for lunch. I ate the daily specials: a casserole of shell-shape pasta with baby clams that had leaked their sweet juices into a silky tomato sauce, and a sauté of squid, chorizo, and baby artichokes. Light and sophisticated, this was modern Marseille market cooking at its best. I asked

PASTA WITH BABY CLAMS THAT HAD LEAKED THEIR SWEET JUICES INTO A SILKY TOMATO SAUCE WAS MODERN MARSEILLE COOKING AT ITS BEST

the waiter so many questions that he brought out the chef.

Pierre Giannetti, a native of nearby Martigues, told me he worked in Barcelona for several years and did a stint at El Bulli but came home because he loves Marseille's polyglot makeup, particularly now that attitudes have become more cosmopolitan. "In the past people stuck to their own tribe, but the city's new social mobility has had a big impact on restaurants. We've all eaten each other's food," Giannetti said.

I went that night to dinner at Le Bistrot d'Edouard, a terrific restaurant that chef Edouard Giribone opened in an old provençal-style house in the city's affluent Prado neighborhood four years ago. While waiting for my table, I tucked into an excellent tapa at the bar—meaty eggplant with balsamic vinegar, capers, and basil—and fell into

conversation with the friendly couple standing next to me. Marseille natives, they'd moved back after ten years in Paris for the quality of life here. The city had become cleaner, safer, and more prosperous than it was when they left, they said.

After sampling Giribone's superb bouillabaisse, its deeply flavored broth shot through with saffron and licorice-y pastis, I chatted with him over a coffee in the garden. He explained how the generational change in Marseille has carried over to its cuisine. "The younger Marseillais are embracing the city's Mediterranean identity, which used to embarrass their parents, either because they were trying to distance themselves from immigrant origins or because they'd bought into the bourgeois myth of the north as being

superior," Giribone said. For chefs, he explained, this means there's a new clientele open to inventive contemporary French cooking but with a strong southern accent.

The more I eat in Marseilles, the more apparent it becomes that the city is adding a new layer of restaurants to its culinary geology. And, unlike some of the old-guard restaurants, the new Marseille is refreshingly allergic to both pretension and formality. I shared the story of my first bouillabaisse with the grandly named chef Arnaud Carton de Grammont after a very good lunch at Le Café des Epices, a casual little place where I feasted on au courant dishes like marinated organic leeks with a slice of homemade mushroom cake, and sole with quinoa and plenty of Mediterranean vegetables—tomatoes, zucchini, green beans.

TRAVEL GUIDE *Marseille*

Dinner for two with drinks and tip Inexpensive Under \$25

Moderate \$25–\$75 Expensive Over \$75

Marseille's rich history of Mediterranean influences combined with a new wave of young chefs and excellent local produce adds up to a vibrant restaurant scene. —A.L.



Le Bistrot d'Edouard

150 Rue Jean Mer-moz (33/491/711-652). Moderate. Chef Edouard Giribone serves delicious tapas and bouillabaisse at this small, hand-somely renovated provençal villa.

La Boîte à Sardine

2 Boulevard de la Libération (33/491/509-595; laboiteasardine.com). Moderate. Dazzlingly fresh Mediterranean seafood, grilled to perfection, is front and center on the daily changing menu at chef Céline Bonniou's bistro and fish stand.

O'Bidul

79 Rue de la Palud (33/491/339-378; facebook.com/O.bidulruedelapalud). Inexpensive–Moderate. At his 17-seat establishment, the talented Fabrice Bazin offers an inventive market-driven menu, featuring the likes of trotters with creamy polenta.

Le Café des Epices

4 Rue du Lacydon (33/491/912-269; cafedesepices.com). Moderate. At chef Arnaud

Carton de Gram-mont's cosmopolitan bistro, try the grilled turbot with a garlicky eggplant purée.

Chez Michel

6 Rue des Catalans (33/491/523-063; restaurant-michel-13.fr). Expensive. Ask a local where to go for the city's best bouillabaisse and he'll send you here.

Restaurant Le Mistral

3 Rue Fortia (33/491/330-973). Moderate. Classic,



L'Eau à la Bouche

120 Corniche Kennedy (33/491/521-616; pizzeriaaleaubouche.fr) Inexpensive. Superlative pizza from chef-turned-pizzaiolo Rodolphe Bodikian.

Le Grain de Sel

39 Rue de la Paix-Marcel-Paul (33/491/544-730). Moderate. Enjoy excellent new Mediterranean cuisine like salt cod tartare with chickpea purée from chef Pierre Giannetti at this loftlike bistro.

old-school bouillabaisse by the waterfront.



Les Pieds dans le Plat

2 Rue Pastoret (33/491/487-415). Moderate. Chef Xavier Zapata has a way with fish at his friendly bistro in the artsy Cours Saint Julien quarter.

Chez Vincent

25 Rue Glandevès (33/491/339-678). Inexpensive–Moderate. For exceptional pizza, visit this beloved old Sicilian eatery. And be sure not to miss Rose Suggello's roasted red peppers with calf's liver, a house specialty.

Sleep Tight In Marseille, stay at the new **Hotel InterContinental Marseille–Hotel Dieu** (1 Place Daviel; 33/413/424-242; intercontinental.com/marseille), housed in a magnificent 18th-century former hospital. At the hotel's restaurant **Alcyone**, chef Lionel Lévy serves witty dishes such as a consommé of "Bouille-Abaisse," a deconstructed riff on Marseille's classic seafood stew. The atmospheric **Grand Hotel Beauvau** (4 Rue Beauvau; 33/491/549-100; accorhotels.com) has gorgeous views of the old port. The retro **Hôtel la Résidence du Vieux Port** (18 Quai du Port; 33/491/919-122; hotel-residence-marseille.com) is outfitted with mod 1950s decor. —A.L.



The chef just shook his head. “Bouillabaisse is the curse of any cook in Marseille! It’s rarely good in restaurants, but it’s what tourists want,” he said. “But today, we’re moving on from that stereotype.”

Sicilians and Corsicans came to work in the port, drawn by the city’s flour mills and soap factories; chefs are choosing Marseille for its character. Lionel Lévy, chef at Alcyone, the elegant restaurant at the new InterContinental Hotel in the magnificent 18th-century Hotel Dieu, a former hospital, described Marseille as “a big window on the south; it inspires us constantly.” That inspiration is clear in bright dishes where produce from the land meets that from the sea, yielding *terre-mer* pairings like a smoked roasted foie gras with French bottarga, and kombu-steamed fish with anchovy-fennel-bulb gratin.

By mating the culinary traditions of its amazingly diverse population with the Mediterranean’s phenomenal seafood and produce, the young chefs of Marseille are taking these flavors further, placing this city on the starting block to becoming one of the great food towns of France. Even the old-school dishes like pizza and bouillabaisse are being reinvigorated. My affection for Marseille, grounded in those early memories of crisp *navettes* and couscous in a vivid poppy-color broth, grows with each visit to encompass new classics such as Chef Lévy’s brilliant candied black olive *clafoutis*. How lucky I am that a fateful flip of a coin years ago caused me to follow this culinary revolution in a city I love. 🐟

Pasta shells with artichoke-clam sauce (see page 58 for recipe) from Le Grain de Sel.

★ Bourride

(Fish Stew with Aioli)

SERVES 6-8

For this Marseillais stew (pictured on [page 53](#)) meaty fish like halibut cooks in a broth thickened with aioli.

For the aioli:

- 2 tsp. fresh lemon juice
- 1 clove garlic, minced
- 1 egg yolk, at room temperature
- Kosher salt, to taste
- 1 cup olive oil

For the soup:

- ¼ cup olive oil
- 1 tsp. fennel seeds
- ¼ tsp. cayenne
- 2 cloves garlic, crushed
- 2 leeks, white parts only, roughly chopped
- 2 onions, roughly chopped
- 2 plum tomatoes, quartered
- 1 bay leaf
- 1½ cups dry white wine
- 4 cups seafood stock
- 2 lb. skinless firm white fish, such as halibut or monk fish, pin bones removed
- 10 oz. medium shrimp, peeled and deveined, tails removed
- ½ tsp. saffron threads
- Kosher salt and freshly ground black pepper, to taste
- 2 tbsp. minced parsley
- Toasted baguette, for serving

1 Make the aioli: Whisk lemon juice, garlic, egg yolk, and salt in a heatproof bowl set over a saucepan of simmering water until thick, 2-3 minutes; trans-

fer to a blender. With the motor running, drizzle in oil until sauce is emulsified. Transfer aioli to a bowl; set aside.

2 Make the soup: Heat oil in a 6-qt. saucepan over medium heat. Add fennel, cayenne, garlic, leeks, onions, tomatoes, and bay leaf; cook until soft, about 15 minutes. Add wine; simmer until reduced by half, 4-5 minutes. Add stock and 2 cups water; boil. Reduce heat to medium; cook until broth is slightly reduced, 12-15 minutes. Strain broth; return to saucepan over medium heat. Add fish, shrimp, saffron, salt, and pepper; cook until fish is firm and shrimp are pink, 2-3 minutes. Using a slotted spoon, divide fish and shrimp between 6 bowls.

3 Whisk ½ cup broth into aioli; return to pan. Cook until slightly thick, 4-5 minutes; ladle over fish. Garnish with parsley; serve with toasted baguette.

Calamari with Chorizo and Artichokes

SERVES 2-4

At Le Grain de Sel, squid and artichokes are sautéed in the paprika-laced drippings of chorizo (pictured on [page 46](#)).

- 5 tbsp. olive oil
- 4 oz. cured Spanish chorizo (see [page 93](#)), peeled and thinly sliced
- 4 cloves garlic, thinly sliced
- 4 whole calamari, cleaned, tentacles reserved (see "Cleaning Calamari" at right)

Kosher salt and freshly ground black pepper, to taste

- 2 cups artichoke hearts, defrosted frozen quarters (see [page 93](#)) or whole canned, drained and halved
- 1 orange, zested, supremed, and cut into ¼" pieces

1 Heat 3 tbsp. oil in a 12" skillet over medium-high heat. Add chorizo and garlic; cook until golden, 3-4 minutes. Divide between 4 plates; keep warm.

2 Add remaining oil to pan and return to medium-high heat. Season calamari with salt and pepper and cook, flipping once, until browned and slightly curled, 4-6 minutes; divide between plates. Add artichokes, salt, and pepper to pan; cook until browned, 3-4 minutes, and divide between plates. Garnish with chopped orange and zest.

Clafoutis aux Olives Noires Confites

(Candied Black Olive Cake)

SERVES 8

Olives are candied in simple syrup and then sunk into a flan-like cake (pictured on [page 48](#)) in this recipe from chef Lionel Lévy, adapted from Daniel Young's *Made in Marseille* (William Morrow, 2002).

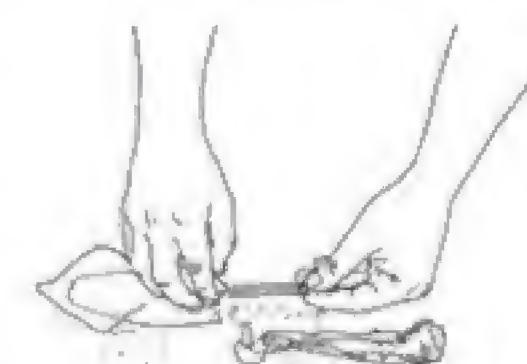
- ¾ cup pitted black olives
- 1 cup sugar
- 8 tbsp. unsalted butter, melted, plus more
- 3 eggs, plus 4 yolks
- 1 cup milk
- ¼ cup flour

Cleaning Calamari

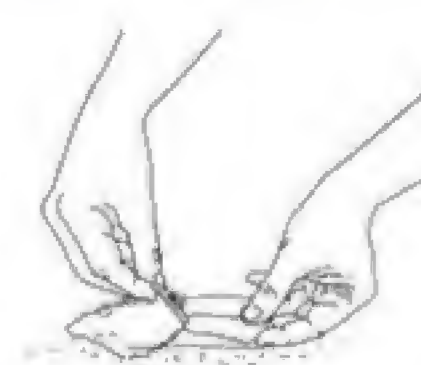
To make the calamari with chorizo and artichokes (see recipe at left), start with whole baby squid and break it down. Here's how to do it:



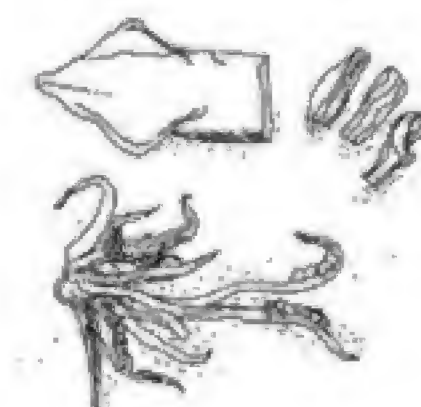
1 Slice squid in half just below the eyes, separating the tentacles from the head; reserve tentacles.



2 Holding the body, gently pull out the head, intestines, ink sac, and clear skeleton; discard innards.



3 Working from the cut end of the body, grasp the thin skin. Peel back toward the tip and discard.



4 Rinse squid body and tentacles before cooking. Slice body crosswise into rings for salads and soups.

- ¼ tsp. kosher salt
- ¾ cup blanched almonds, roughly chopped

1 Boil olives and 2 cups water in a 2-qt. saucepan; cook 5 minutes, then drain, and set aside. Add half the sugar and 2 cups water to the pan; boil. Reduce heat to medium and add olives; cook until olives are tender, about 2 hours. Let olives cool, then strain, discarding syrup.

2 Heat oven to 350°. Grease a 9" pie plate with butter; set aside. Whisk melted butter and 3

Provençal Pairings

Rosé is the most popular wine of Provence, but particularly when choosing bottles for these Mediterranean-style dishes, it'd be a shame to ignore what else Marseille's surrounding region has to offer. —Pascaline Lepeltier



Clos Saint Magdeleine Cassis 2011 (\$29) With its honeyed texture and white flower notes, this full-bodied white is perfect for the pan-fried sole's dense delicacy.



Domaine de la Tour du Bon Bandol Blanc 2012 (\$22) Clairette and rolle grapes' greenness accent the artichokes in the dish of calamari with chorizo and artichokes.



Domaine Huvette Les Baux de Provence Petra 2012 (\$23) This structured, aromatic rosé stands up to bourride's intense garlic and saffron flavors.



Clos Saint Vincent Bellet Blanc 2011 (\$50) Made with Burgundian seriousness, this is a seafood-worthy match for zesty pasta shells with artichoke-clam sauce.


MONTGRAS
COLCHAGUA • CHILE

DISCOVER THE WARMTH OF CHILE

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WINE
SPECTATOR
TOP 100
91 Points

★ Les Navettes de Saint Victor

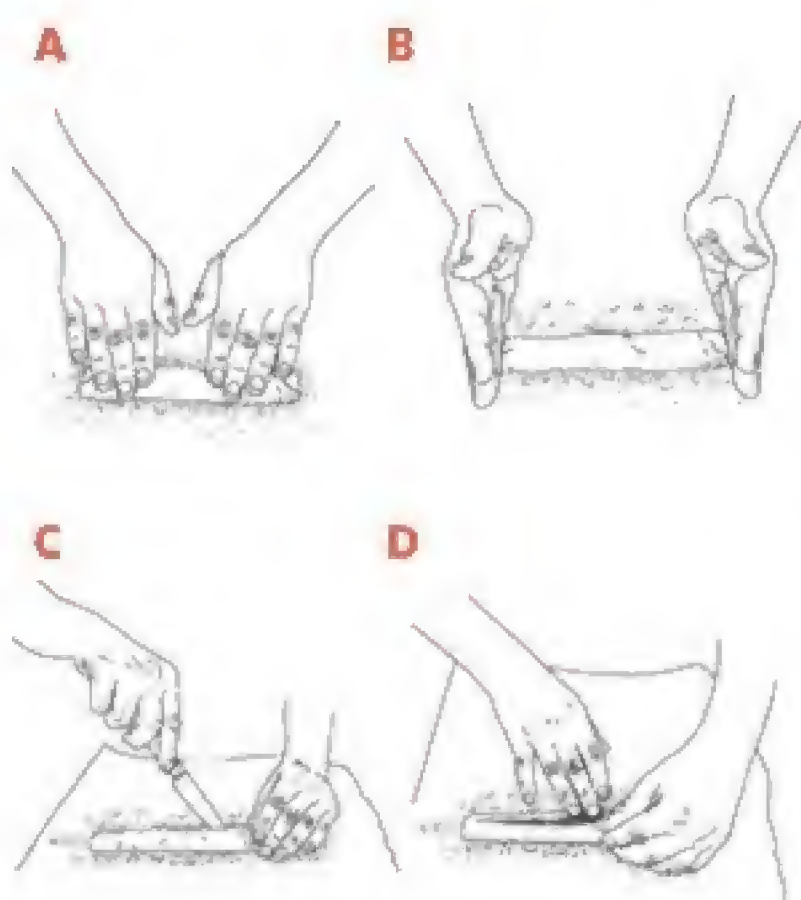
(Shuttle Cookies)

MAKES 16 COOKIES

These boat-shaped, orange-blossom-scented sugar cookies, named after an unmanned boat bearing a wooden statue of the Virgin Mary that arrived in Marseille during the 13th century, are a signature Marseillais treat.

- ¾ cup sugar
- 6 tbsp. unsalted butter, softened
- 2 tsp. orange blossom water (see [page 93](#))
- ⅛ tsp. kosher salt
- 2 eggs
- 3 cups flour

Heat oven to 350°. Using an electric hand mixer, beat sugar, butter, orange blossom water, salt, and eggs until fluffy, 1–2 minutes. With the motor running, slowly add flour until a stiff dough forms. Transfer dough to a work surface and knead briefly until smooth. Divide dough into sixteen 1¼-oz. pieces. **A** Working with one piece dough at a time, and using hands, roll dough into a 6" log about ½" thick. **B** Flatten the ends of the dough. **C** Transfer log to a parchment paper-lined baking sheet. Using a knife, cut a ¼"-deep slit lengthwise in top of log beginning and ending about ¼" from each end. **D** Using fingers, splay dough open slightly. Bake until pale golden and slightly crisp, about 20 minutes. Let cookies cool completely before serving.



eggs in a bowl. In another bowl, whisk remaining sugar and the yolks until fluffy. Slowly whisk in milk, flour, and salt. Fold in butter mixture and almonds until combined. Spread into prepared dish; arrange olives over the top. Bake until golden and slightly puffed, about 40 minutes.

Pan-Fried Eggplant with Balsamic, Basil, and Capers

SERVES 4

Sweet, mild eggplant pairs with briny capers, floral basil, and a drizzle of balsamic reduction in this recipe inspired by a dish served at Le Bistrot d'Edouard (pictured on [page 50](#)).

- ½ cup balsamic vinegar
- 1 cup olive oil
- 2 small eggplant (about 8 oz. each), trimmed and sliced ⅓" thick crosswise
- Kosher salt and freshly ground black pepper, to taste
- 2 tbsp. capers
- 4 basil leaves, thinly sliced

1 Simmer vinegar over medium heat in a 1-qt. saucepan until reduced to a thick syrup, about 15 minutes.

2 Heat half the oil in a 12" skillet over medium-high heat. Working in batches and adding more oil as needed, fry eggplant, flipping once, until golden-brown, 5–7 minutes; transfer to paper towels to drain and season with salt and pepper. Arrange on a platter; drizzle with balsamic; garnish with capers and basil.

Pan-Fried Sole with Red Quinoa and Vegetables

SERVES 4

Filets of sole are set atop fluffy red quinoa, roasted tomatoes, and tender-crisp vegetables under an emulsified lemon-butter sauce (pictured on [page 53](#)) in this dish inspired by one at Le Café des Epices.

- 1½ cups chicken stock
- 1 cup red quinoa (see [page 93](#))
- Kosher salt and freshly ground black pepper, to taste
- 4 plum tomatoes, peeled, seeded, and quartered
- ⅓ cup olive oil
- ½ lb. green beans, trimmed and cut into 1" pieces
- 1 medium zucchini, thinly sliced crosswise
- 5 tbsp. unsalted butter
- 4 6-oz. filets skinless sole, orange roughy, or haddock, pin bones removed
- 3 tbsp. fresh lemon juice
- 2 tbsp. minced chives

1 Bring stock to a boil in a 1-qt. saucepan. Stir in quinoa, salt, and pepper; reduce heat to low. Cook, covered, until liquid is absorbed, about 25 minutes. Remove from heat; let sit 5 minutes; Uncover and fluff with a fork; keep warm.

2 Heat oven to 450°. Toss tomatoes with 3 tbsp. oil, salt, and pepper on a baking sheet. Bake until browned, 12–15 minutes.

3 Cook beans and zucchini in a 4-qt. saucepan of salted water until crisp-tender, 1–2 minutes. Drain and toss with tomatoes; keep warm.

4 Heat remaining oil and 1 tbsp. butter in a 12" skillet over medium-high heat. Season fish with salt and pepper; cook, flipping once, until golden and cooked, 3–4 minutes. To serve, divide quinoa, vegetables, and fish between 4 plates. Melt remaining butter in skillet over medium heat until foamy, 1–2 minutes. Stir in juice, salt, and pepper; spoon sauce over fish and garnish with chives.

Pasta Shells with Artichoke-Clam Sauce

SERVES 6

In this aromatic dish, based on one from Le Grain de Sel, shell-

shape pasta is dressed in a light tomato and clam sauce with artichoke hearts (pictured on [page 55](#)).

- Kosher salt and freshly ground black pepper, to taste
- 1 lb. medium shell pasta
- ⅓ cup olive oil, plus more
- 6 slices bacon, cut into ½" strips
- 8 cloves garlic, minced
- 2 shallots, minced
- 2½ lb. littleneck clams (about 30), scrubbed clean
- ⅓ cup dry white wine
- 1 tbsp. minced thyme
- 2 cups artichoke hearts, defrosted frozen quarters (see [page 93](#)) or whole canned, drained and halved
- 4 canned whole peeled tomatoes, drained and crushed by hand
- 2 tbsp. minced parsley
- 1 tbsp. minced chives
- Paprika, for garnish

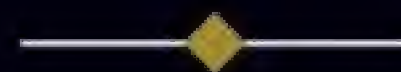
1 Bring a large pot of salted water to a boil. Add pasta; cook until al dente, about 8 minutes. Drain pasta, reserving ½ cup pasta water; set aside. Heat oil in a 6-qt. saucepan over medium-high heat. Add bacon and cook until just crisp, 4–5 minutes. Using a slotted spoon, transfer bacon to a paper towel to drain.

2 Return pan to medium-high heat; add garlic and shallots. Cook until golden, 4–5 minutes. Increase heat to high; stir in clams, wine, thyme, artichokes, and tomatoes. Cook, covered, until clams open, 3–5 minutes. Using tongs, transfer clams to a plate. Stir in reserved pasta, cooking liquid, bacon, salt, and pepper; cook until sauce is slightly thick, 2–3 minutes. Stir in half each the parsley and chives. Divide pasta between 6 bowls; top with clams. Garnish with remaining herbs; sprinkle with paprika and drizzle with olive oil.

—SAVEUR— BEST FOOD ★ AWARDS 2014 ★ BLOG

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A Change of SEASONS

A California peach farmer prepares for a generational shift as the time draws near to hand his land, and livelihood, over to his daughter

By David Mas Masumoto
Photographs by James Roper



Spring stirs early in California. On this March day, I wake up, as I always do, before sunrise to make my morning rounds. Peach blossoms blanket our farm in the San Joaquin Valley. Sunlight shines through the translucent petals, creating a pink hue against the brilliant blue sky. The rough, gnarled bark of our trees contrasts with the delicate flowers, the old and new side by side. My ritual begins with coffee in the 100-year-old farmhouse I call home. I look over my farm journal, reviewing the rhythms of seasons past and the work that needs to be done. We always

farm in the shadow of those who worked this land before us. From the porch I can see the orchard my dad and I planted 45 years ago.

I take a final sip of coffee and head out into the fields, anticipation lingering in the air. I am joined by my 28-year-old daughter, Nikiko, who is taking over the farm: A child returns to the land, a young woman steps into a male-dominated world. We survey by walking. Farming is physical; it breaks your body and drains your spirit—always more toil and more challenges.

With age I've learned about constraints; I anxiously watch Nikiko dream without limits. Once we've finished our inspection, we return to the house for a quick morning meal. Marcy, my wife, prepares for her "city job" as an educator while Korio, our college-age son, drags himself out of bed for class. We all gather in the kitchen for peach jam spread on scones served alongside canned peaches. I love savoring the summer harvest in winter or early spring, a luxury made possible by the ancient art of food preservation.

Marcy's Wisconsin family knew well of this tradition. Our pantry is filled with peach jams, chutneys, and whole fruits canned and pickled last summer. In the freezer are frozen peaches and purées that will be reborn as winter cobblers and, in the spring, as a cold peach soup spiced with ginger. During breakfast, I pause to enjoy the fruits of our labor and reflect on things worth saving. I trust that our work has

meaning. I am happy my family believes in the value of our calling.

The spell is quickly broken, though. Eighty acres of certified organic peaches, nectarines, and grapes, which we grow for raisins, beckon. On this farm, we don't begin the day lounging under a canopy of peach blossoms, seated at white-linen-covered tables, chatting about high art, high stock markets, and hired help. Instead we're all off and running, Marcy to Fresno State University, where her work provides health benefits and financial stability for the farm. (If it were summer, she'd be packing peaches in our shed before heading off.) Korio leaves for class, though he won't be able to escape the list of farm chores awaiting once he gets home.

Left alone, Nikiko and I plan our workday. Today we will thin the peach and nectarine trees. Fruit trees often produce more fruit than they can sustain. Removing some of it (sometimes upward of 50 to 80 percent) lets what remains grow stronger and more flavorful. The fruit receives more sunlight and won't have to compete for the nutrients each tree provides. If crowded fruits aren't touching each other, they are less likely to rot.

My father told me not to look down when we thin the fruit, not to focus on the thousands of tiny green peaches (*continued on [page 68](#)*)

Facing page: The author's daughter, Nikiko, holds a salad of roasted winter vegetables (see [page 70](#) for recipe).

DAVID MAS MASUMOTO is a farmer and author. His last article for *SAVEUR* was "The Flavors of a New Day" (October 2008). Kansas-based photographer JAMES ROPER shot "Fresno's Laotian Markets" and "Electric Stoves" for the *SAVEUR* 100 (January/February 2014).



**AS THE DAY ENDS, I TRUDGE HOME
WEARY YET FULL OF HOPE. I AM
BLESSED, I THINK, WHEN I FIND A
SIMPLE, OLD-FASHIONED FEAST
WAITING FOR ME**





Clockwise from top: The author and his daughter, Nikiko, prepare for work; his wife, Marcy, greets visitors; peach-braised pulled pork sandwiches with cold peach soup and salad. Facing page: spice-rubbed pork chops. Recipes start on [page 70](#).

**I CAN'T THINK OF A BETTER WAY
TO FINISH MY DAY THAN WITH A
TRADITIONAL GATHERING, SAVORING
THE FOODS WE HAVE GROWN, THE
FRIENDSHIPS WE HAVE NURTURED**





Toasting with rosemary-peach bellinis (see page 71 for recipe): the author, center, with, from left, his children, Korio and Nikiko, his cousin Russell Sugimoto, and family friends Suzanne Hissong and Natalie Garcia.



(continued from [page 62](#)) lying on the ground. “You need to keep your head up, look to the sky, and see the future,” he’d say. When you grow things you always have to be forward-thinking.

I believe that was his philosophy for raising children—a gentle optimism that we’d all turn out just fine. He never asked me to take over the farm. Instead, I ran off to UC Berkeley and studied sociology. But my father was a wise old farmer. By allowing me to leave, he provided me with the opportunity to come home. It’s a lesson I learned well, one that I am trying to pass on to my own children.

By midday I find myself hard at work repairing a broken tractor. Nikiko asks me to join her for lunch back at the house, but, as is often the case, my schedule is based on work demands. I allow them to consume me, foolishly believing that farm maintenance is more important than my own. Yet equipment must be repaired.

This Land

Our farm is about 15 minutes south of Fresno, nestled in the middle of California’s agricultural heartland. These 80 acres were acquired in the late 1940s by my grandfather Takashi Masumoto. He bought the land because it was inexpensive; he didn’t have very much money when he left an internment camp after World War II. To plant new roots on this land, a thick layer of hardpan rocks had to be broken and hauled out by hand. Today, peaches, nectarines, and grapevines thrive in the blistering hot summers, supported by well-draining, nutrient-rich soil. In the early 1980s, we transitioned the farm to organic by adopting sustainable methods of cultivation, planting cover crops, and inviting helpful insects back to the land. The diverse ecosystem of our farm might look wild to a conventional farmer, but it’s this diversity that helps both our land—and our family—thrive. —*Nikiko Masumoto*

I had a perfect relationship with my father: I would break things and he would fix them. Nikiko, too, will break things. And, like me, she will ultimately learn to fix them without a father. She will also steer this farm into the future. I began my journey by abandoning the conventional farming methods used by my father and learning to farm organically. Nikiko will continue the farm’s evolution by connecting people with it through social media.

Near the end of my workday, I shovel weeds, and my thoughts begin to wander. How many harvests do I have left? I still feel young, but sore knees and strained muscles tell me otherwise. I struggle to strike a balance between growing food full of life and working too hard and missing out on other things.

Still, I thrive in this world of real work. We remain part of a working class, engaging in livelihoods where we are judged by our deeds, not our bank accounts. As the day ends, I trudge home weary yet full of hope.



I am blessed, I think, as I arrive to find Marcy and Nikiko preparing an

uncomplicated feast for dinner. Marcy, drawing on her Wisconsin family roots, spoons pickled peaches into a bowl as Nikiko mixes a batch of rosemary-peach bellinis. Tonight friends are joining us for dinner. We share a salad of local greens and vegetables brought by a neighbor. They are tossed with preserved fruits from our own backyard. Marcy knows her canned peaches can brighten braised pulled pork, and serves the mixture in sandwiches topped with Dijon-peach spread and sweet caramelized onions. Of course, Nikiko snaps a photo to share on Facebook.

I can’t think of a better way to finish my day than with this old-fashioned gathering. We savor the foods we have grown, the friendships we have nurtured, and the farm that, even after we have left this world, will carry on without us, season after season. 🌿



**ON OUR FARM, WE REMAIN PART
OF A WORKING CLASS, ENGAGING
IN LIVELIHOODS WHERE WE ARE
JUDGED BY OUR DEEDS, NOT OUR
BANK ACCOUNTS**

Peaches All Year Long

In the U.S., fresh, domestically grown peaches are available from late May to early October. While you can find peaches at the grocery during the off-season, they're usually from the Southern Hemisphere, and the long shipping times compromise their sweetness. Luckily there are plenty of preserved peach products out there to carry you through the cold months. Whether packed in a nectarlike syrup, simmered into a fruity jam, dehydrated for a chewy snack, or flash frozen, these peaches add almost as much flavor to some of our favorite recipes as the fresh ones do. Here are our favorites:

Preserved: With tiny, juicy bits of peach suspended in a syrupy jam, Fredericksburg, Ohio's **Mrs. Miller's Homemade**



Peach Jam tastes as fruit-forward as any batch you'll find at the local farmers' market, with none of the cloying sweetness of supermarket brands.

Canned Whole: Harvested late in the season when they're perfectly ripe and preserved in a light, not-too-sweet syrup, **Peaches Niagara** from Niagara Falls, New York-based **DiCamillo Bakery** are almost as good as the fresh fruit. Firm enough to slice, they're great on their own, as well as roasted with pork shoulder for a pulled pork sandwich (see recipe at right).



Dried: White Lady peaches are sourced from California for **Trader Joe's Dried White Peaches**. These skin-on halves retain their sweetness

with air-drying, while taking on a pleasant leathery chew. A great snack, they're also a tasty addition to pastries and savory soups.

Frozen: These **Whole Foods 365** brand sliced peaches are flash frozen so they retain their fresh,

floral taste. They're perfect in baked goods such as cobblers, where their texture remains pleasingly firm.

FOR PURCHASING INFORMATION, SEE THE PANTRY, [page 93](#).

Cold Peach Soup

SERVES 4

Puréed canned peaches form the base of this delicate soup (pictured on [page 65](#)), which is thickened with tart Greek yogurt and spiced with fresh ginger.

- 1 medium carrot, peeled and thinly sliced
- 1 1/4" piece ginger, peeled and thinly sliced
- 1/2 cup plain Greek yogurt
- 2 tbsp. half & half
- 2 tsp. fresh lime juice
- 1 1-qt. jar canned peaches in syrup, drained (see recipe on facing page) or use store-bought (see [page 93](#))
- Kosher salt, to taste
- 1/4 cup sliced almonds, lightly toasted, for garnish

Simmer carrot, ginger, and 1 1/2 cups water in a 1-qt. saucepan over medium-high heat until tender, about 5 minutes. Using a slotted spoon, transfer carrots and ginger to a blender along with 3/4 cup of the cooking liquid; let cool slightly. Add yogurt, half & half, lime juice, peaches, and salt; purée until smooth. Chill 1 hour before serving; garnish with almonds.

Peach-Braised Pulled Pork Sandwiches with Dijon-Peach Spread

SERVES 10-12

Canned peaches melt deliciously into the braise for the pork shoulder in these satisfying sandwiches (pictured on [page 65](#)).

For the pork:

- 3 tbsp. olive oil
- 3 lb. boneless pork shoulder
- Kosher salt and freshly ground black pepper, to taste
- 1 1/2 tbsp. smoked paprika
- 4 whole cloves
- 2 bay leaves
- 2 cloves garlic, smashed
- 1 large yellow onion, cut into

6 wedges

- 2 12-oz. bottles lager beer
- 1 1-qt. jar canned peaches in syrup, drained (see recipe on facing page) or use store-bought (see [page 93](#)), 1 cup syrup reserved

For the sandwich:

- 1/4 cup olive oil
- 3 large red onions, thinly sliced
- 1 cup peach jam
- 1/3 cup Dijon mustard
- Sliced multigrain bread, lightly toasted, for serving
- Baby arugula, for serving

1 Make the pork: Heat oven to 325°. Heat oil in a 6-qt. Dutch oven over medium-high heat. Season pork with salt and pepper. Cook until browned, 10-12 minutes; transfer to a plate. Add paprika, cloves, bay leaves, garlic, and onion to pan; cook until golden, 6-8 minutes. Add beer; cook, stirring and scraping up browned bits from bottom of pan, until reduced by half, 10-12 minutes. Return pork to pan; add half the peaches. Bake, covered, until pork is tender and an instant-read thermometer inserted into pork reads 190°, 3-3 1/2 hours. Let cool, then using 2 forks or your hands, shred pork; transfer to a bowl. Slice remaining peaches; fold into pork with 1/2 cup pan drippings and peach syrup.

2 To serve: Heat oil in a 12" skillet over medium heat. Cook onions until caramelized, 25-30 minutes. Stir jam and mustard in a bowl; spread over each slice bread. Divide pork and onions between half the bread slices; top with arugula and remaining bread slices.

Peach Date Bars

SERVES 6-8

Chewy dates and chunky peach preserves form the filling for these cakelike bars (pictured on [page 68](#)).

For the filling:

- 2 1/4 cups peach jam
- 2 cups pitted dates, minced
- 2 tbsp. fresh lemon juice

For the crust:

- 1 cup, plus 1 tbsp. flour
- 1/2 tsp. baking soda
- 1/2 tsp. kosher salt
- 8 tbsp. unsalted butter, softened
- 2/3 cup packed light brown sugar
- 1 cup rolled oats

1 Make the filling: Simmer jam, dates, lemon juice, and 3 tbsp. water in a 2-qt. saucepan over medium heat. Cook until dates are softened, about 8 minutes.

2 Make the crust: Heat oven to 400°. Whisk flour, baking soda, and salt in a bowl. In another bowl, and using an electric hand mixer, beat butter and sugar until fluffy. With the motor running, slowly add flour mixture and oats; beat until a crumbly dough forms. Press half the dough into the bottom of an 8" square baking dish. Spread filling over crust. Crumble remaining dough over the top. Bake until golden, about 20 minutes. Let cool completely before slicing.

Roasted Winter Vegetables

SERVES 8-10

Rosemary and thyme add aromatic depth to mixed roasted root vegetables in this hearty side (pictured on [page 63](#)).

- 2 medium red beets, scrubbed
- 2 medium yellow beets, scrubbed
- 2 lb. baby Yukon gold, fingerling, or tricolor potatoes, scrubbed and halved if large
- 2 large yellow onions, cut into 1" wedges
- 1/2 cup olive oil
- Kosher salt and freshly ground black pepper, to taste

- 1 lb. Brussels sprouts, trimmed and halved
- 2 large parsnips, peeled and cut into 1" pieces
- 1 tbsp. finely chopped rosemary
- 1 tbsp. finely chopped thyme

1 Heat oven to 400°. Wrap red and yellow beets separately in aluminum foil and place in a 9" x 13" baking dish; bake until tender, about 1 hour. Let beets cool slightly, then unwrap, peel, and cut into 1" pieces. Transfer to a large bowl and cover with plastic wrap; keep warm.

2 Toss potatoes and onions with half the oil, salt, and pepper on a baking sheet. On another baking sheet, toss remaining oil, Brussels sprouts, parsnips, salt, and pepper. Bake until vegetables are golden and tender, 45 minutes to 1 hour; transfer to bowl with beets. Stir in rosemary, thyme, salt, and pepper.

Rosemary-Peach Bellinis

SERVES 8

Rosemary-infused simple syrup adds a refreshing herbal flavor to this classic brunch cocktail (pictured on [page 66](#)).

- 1/4 cup sugar
- 1 sprig rosemary
- 1/2 cup peach purée (see [page 93](#))
- 1 750-ml bottle prosecco, chilled

Boil sugar and 1/4 cup water in a 1-qt. saucepan until sugar is dissolved, 1–2 minutes. Add rosemary; let cool. Strain syrup; divide syrup and peach purée between 8 champagne flutes. Top with prosecco; stir to combine.

Shredded Apple, Beet, and Carrot Salad

SERVES 8

This stunning red salad (pictured on [page 65](#)) gets its color from raw shredded beets, which mix with crunchy carrots and

Canned Peaches

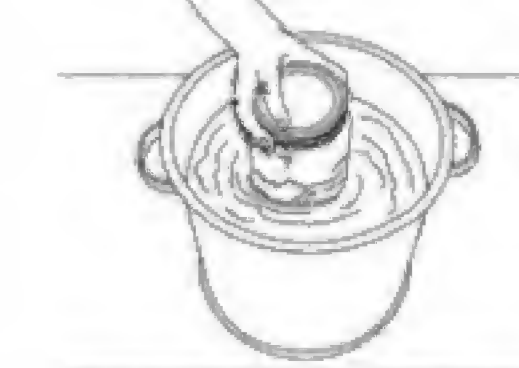
MAKES THREE 1-QT. JARS

Canned peaches (pictured on [page 60](#)) have a deep, concentrated flavor that brightens dishes like braised pulled pork sandwiches and cold peach soup (see facing page for recipes). Store-bought versions can be delicious, but during the summer, when fresh peaches are plentiful, it's easy enough to can them yourself. In this recipe, ripe peaches are mixed with sugar syrup and cinnamon sticks, which imbue the fruit with sweet, spicy flavor. Look for firm, unblemished fruits that give a little when squeezed. Keep in mind that unripe peaches can be coaxed into ripening by placing them in a brown paper bag for a couple of days at room temperature. The enclosed environment traps the natural ethylene gases the fruit gives off, hastening the ripening process. Boiling the jars (see step-by-step instructions, right) protects against spoilage, so you can enjoy summer's peaches safely for the rest of the year.

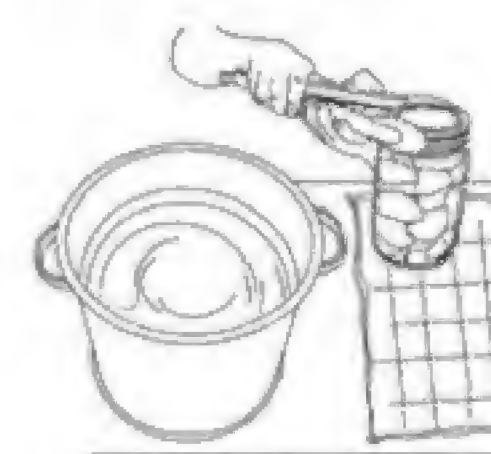
- 15 whole cloves
- 3 sticks cinnamon
- 2 cups sugar
- 6 lb. medium, ripe peaches (about 20), peeled and pitted, quartered if large

1 Bring a large pot of water to a boil. Submerge three 1-qt. canning jars with their lids and ring bands in boiling water; sterilize for 10 minutes. Using tongs, transfer jars, lids, and ring bands to a clean dish towel. Divide cloves and cinnamon sticks between jars; set aside.

2 Bring sugar and 4 cups water to a boil in a 6-qt. saucepan. Cook, stirring occasionally, until sugar is dissolved, 1–2 minutes. Stir in peaches. Using a slotted spoon, divide peaches between jars and pour syrup over the top, leaving 1/2" space at the top. Wipe rims clean, place lids on jars, and screw on ring bands. Preserve jars (see instructions, right). Store in a cool place for up to 6 months.



1 Bring a large pot of water to a gentle boil. Carefully submerge filled jars. Ensure that jars are covered by at least 1" of water.



2 Let jars sit for 15 minutes. Then, using tongs, transfer jars to a dish towel; let cool. As jars cool, you will hear lids pop.



3 To test the seal, press down on center of lid, and then release your finger. If the lid remains depressed, it's properly sealed.

TIP

While we were researching canning techniques, we fell in love with the National Center for Home Food Preservation's website (nchfp.uga.edu), run in cooperation with the University of Georgia and Alabama A&M University. Here you'll find tips on canning, pickling, fermenting, and freezing fruits and vegetables, as well as great recipes in which to use these foods. The site also includes helpful guides to growing fruits and vegetables, so you can make great preserves with produce straight from your own backyard.

sweet-tart apples to make a crisp accompaniment for pork chops (see a recipe at right).

- 1/2 cup fresh orange juice
- 2 tsp. fresh lemon juice
- 2 cloves garlic, mashed into a paste
- Kosher salt and freshly ground black pepper, to taste
- 1/4 cup olive oil
- 3 large carrots, peeled
- 2 large Granny Smith apples, peeled and cored
- 1 large red beet, peeled

Whisk juices, garlic paste, salt, and pepper in a large bowl. While whisking, slowly drizzle in oil until dressing is emulsified; set aside. Shred carrots, apples,

and the beet using the large holes of a box grater. (Alternatively, pulse each vegetable individually in a food processor.) Transfer vegetables and apple to bowl with dressing; toss to combine. Let salad sit 30 minutes.

Spice-Rubbed Pork Chops

SERVES 8


Tangy, sweet peach jam balances the richness of these pan-fried spiced pork chops (pictured on [page 64](#)).

- 8 bone-in pork chops, about 1" thick (10 oz. each)
- 2 tbsp. garlic powder
- 2 tbsp. ground mustard
- 1 tbsp. smoked paprika
- 2 tsp. freshly ground black pepper

Kosher salt, to taste
1/3 cup olive oil
Peach jam, for serving (optional)

1 Place pork chops in a 9" x 13" baking dish. Mix garlic powder, ground mustard, paprika, pepper, and salt in a bowl; rub over pork chops. Cover with plastic wrap; let sit at room temperature up to 1 hour or chill overnight.

2 Heat 3 tbsp. oil in a 12" cast-iron skillet over medium-high heat. Working in batches and adding more oil as needed, cook pork chops, flipping once, until browned and cooked through, about 10 minutes. Transfer to a serving platter; serve with peach jam, if you like.



Glazed grapefruit cake.
Facing page: dtam som oo,
Thai pomelo salad. Recipes
start on page 80.



WINTER'S BRIGHTEST JEWEL

GRAPEFRUIT, ESPECIALLY FROM FLORIDA'S TREASURE COAST, IS OUR FAVORITE COLD-WEATHER FRUIT

By Betsy Andrews Photographs by Ingalls Photography

Dig Right In

When we're faced with a fresh, blushing half grapefruit, the double-sided **Norpro Squirtless Grapefruit Knife** (\$7; amazon.com) is the first tool we reach for. The twin serrated blade at one end slices on either side of the tough membrane, separating it from each segment of flesh. The curved, toothed prong at the other end reaches beneath the segments, cutting and lifting them free of the pith. When it's time to eat, the **Trudeau Grapefruit Spoon** (\$13 for a five-piece set; amazon.com) has a tapered serrated edge that dislodges and scoops up each bite. It's ideal for scraping up bits of fruit the knife might have missed, and its bowl, of course, spoons up the juice. —Judy Haubert



As soon as the dew has dried from the trees along Florida's Indian River, Sheffield Green sets up an orchard ladder and climbs toward its tapered top, his arms wrapped in socks to guard against thorny branches. Green is 67, and he's been at this job for 49 years. He doesn't earn much, but if the world were a fairer place, he'd make a lot more. Green and the other day laborers he works with are responsible for harvesting some of the heaviest, juiciest, most flavorful citrus on earth—the exemplars of a fruit so good that it's named for paradise: *Citrus paradisi*. Grapefruit. Florida is the world's leading producer, and in Indian River County, they grow it like nowhere else.

It's an accident of place—a confluence of subtropical warmth, temperate Gulf Stream breezes, plentiful moisture, and well-drained sandy soil—that makes this region, named for a ribbon of lagoon along Florida's Treasure Coast three hours north of Miami, grapefruit heaven. And it's a happy circumstance of time that in late February and March, just as the lingering Northeast chill has me yearning for grapefruit's sunniness, the fruit peaks. Though even supermarket citrus is great this time of year, I usually indulge in a mail-order box straight from a groveside citrus stand. Juicy and sweet-tart, it's just what I want to devour—out of hand, juiced for cocktails or a marinade, segmented for a salad, frozen for granita, broiled or grilled—to coax me out of my winter blues.

This year, feeling a bit bluer than usual, I decided rather than the grapefruit coming to me, I would go to the grapefruit. And that's how I found myself one recent morning, watching Green and others dump loads of just-plucked fruit into bins to be hauled to the nearby packinghouse. Unlike Florida oranges, most of which are processed for juice, grapefruit is mainly sold fresh, so it's primarily handpicked, grove owner T.P. Kennedy told me as we walked the wide rows of laden trees. Especially in wet, warm Indian River, where the skin stretches thinly over the juice-swelled flesh, machine harvesters would bruise the fruit.

Not that you won't find marks on his grapefruit. The 35-year-old scion of a family that's grown grapefruit here since 1909, Kennedy pulled a plump specimen from a field bin and pointed out the "ring spot" where it had rested against another in the grapelike cluster from which the citrus gets its common name. A natural hybrid of a sweet orange and

the massive yellow pomelo (see "Know Your Grapefruit," page 77), two ancient Asian species brought to the West Indies by Europeans, grapefruit made its way from Barbados, where it was first documented in 1750, to Florida about a century before Kennedy's great-great-grandfather planted his first 25 acres.

Then, nearly all grapefruit were white. Not anymore. Kennedy took out a pocketknife and cut me a wedge of fruit. Beneath its yellow-pink skin, the flesh was the color of a Florida sunset, the result of a mutation bred into cultivars. Red grapefruit make up 85 percent of Kennedy's current crop, and in Texas, the second-biggest grapefruit state (followed by California), that percentage is higher. It's easy to understand why consumers prefer them, though scientists insist there is no corollary between sugar content and color. Those crimson insides simply look more delicious.

Regardless, that flaming fruit tasted candy-sweet. It was also mightily refreshing. At its peak, grapefruit takes on a sublime balance: Its sugars commingle with

the tart citric acid and bitter phenolics—naringin and limonene—that give it its tang (see "Citrus Science," page 77). This one was bursting with ripeness.

From the grove, we chased the grapefruit to the packinghouse where they are sorted. Scarred, misshapen misfits (of which, in Indian River, there are few) go to processors, where

they are squeezed for juice and their by-products collected—essential oils for flavoring agents, seed extract for cosmetics, peels for cattle feed. The choicest fruits are coddled all the way to the crate. They're washed, dried, and waxed, then graded with the help of a laser that measures sugar content and a rapid-fire camera that photographs each beauty in eight different poses to capture its size and shape. As the golden oblate spheres bumped along the conveyor belt, it was hard not to anthropomorphize them. They looked as cute as those yellow munching dots in a Pac-Man game, which put me in mind of a meal. So I headed for Miami, where chefs use the local crop as a foil to all sorts of Florida seafood.

Downtown at restaurant Area 31, as I discovered, the fruit offsets rich crab in a salad strewn with hearts of palm, avocado, coconut, and ginger. At Michy's, chef Michelle Bernstein cures seafood in grapefruit juice. Less acidic than the typical lemon or lime juice, it makes for a mellower ceviche, allowing the seafood's flavors to shine. And atop a creamy risotto, the pleasingly bitter fruit highlights the sweetness of seared Florida scallops.

BACK IN NEW YORK, I MADE a beeline for the restaurant Boulud Sud. I wanted to indulge in perhaps

HE CUT ME A WEDGE; BENEATH ITS YELLOW-PINK SKIN, THE FLESH WAS THE COLOR OF A FLORIDA SUNSET

GEMMA and ANDREW INGALLS of *Ingalls Photography* are food, travel, and lifestyle photographers based in Brooklyn and Vermont.



Layers of citrus are suspended in Cointreau-spiked gelatin for a grapefruit terrine, a luxurious take on an old-fashioned dessert (see [page 81](#) for recipe).



Know Your Grapefruit

Grapefruit, a relatively new fruit discovered in the 17th century, is the natural hybrid of a sweet orange and the largest citrus, pomelo, whose thick rind is bitter but whose flesh, whether white **1** or red **2**, is less acidic than that of grapefruit. In the early 1800s, the first U.S. grapefruit, lemony Duncans **3**, were white-fleshed and packed full of seeds. Though they are still grown for juice, they were quickly eclipsed by the seedless Marsh **4**, the product of a chance mutation botanists call a “sport.” These days it’s all about color: Ruby Red **5**, Henderson **6**, Flame **7**, and Texas’s laboratory-born Rio Star **8** get their striking vermilion brilliance from lycopene, the same pigment (and antioxidant) found in tomatoes. These fruits have roughly the same ratio of sugar to citric acid (3:1) as white varieties. Though some eaters swear they taste sweeter, in actuality, it’s ripeness, not color, that drives sugar production. A few grapefruit hybrids are much sweeter, including California’s pomelo-grapefruit offspring Oroblanco **9** and Melogold **10**, and their orange Israeli cousin, the Jaffa Sweetie **11**. Wrinkled, puffy Ugli fruit **12**, first discovered in Jamaica, has a floral grapefruit aroma and the sugary taste of its other parent, the tangerine. The mel-low Cocktail grapefruit **13** is the child of a Frua mandarin orange and the Siamese Sweet pomelo, two citrus fruits noteworthy for their pronounced lack of acid. —B.A.

the grandest of all grapefruit dishes, the grapefruit *givré*. The fruit is scooped out and frozen, and then the shell is filled with a delicious array: grapefruit sorbet, jam, segments, and tuile; chewy rose-flavored candy; nutty halvah crumble; and, on top, a crown of cotton-candy-like spun halvah. Buoyant and sweet but with a bracing finish—like a soprano’s aria at the Metropolitan Opera across the street—it’s an invigorating work of art.

I may not have the chops to execute such a dish, but at home with my box of Florida fruit, I can douse citrus halves in rum and run them under my broiler, where they take on a caramel depth. I can fan slices of the broiled fruit atop a sweet, dense cake flavored with zest. I can chill grapefruit segments in Cointreau-spiked gelatin for a throwback terrine with jiggly charm.

I love to toss the brisk fruit into a salad with parsley and olives, and I’ve even been inspired to seek out its big, sweet parent fruit, pomelo, to pair with chiles, peanuts, and mint for *dtam som oo*. I’ve also found that grapefruit marries just as beautifully with pork as it does with seafood. I roast tenderloin in a mix of fennel, cumin, paprika, grapefruit juice, and freshly grated zest, which tenderizes and brightens the meat’s flavor.

I’ve even mastered a few chef-y grapefruit tricks of my own. I learned to supreme the fruit, cutting its flesh free of the pith and membranes, so that I could stir it into canola oil, where its hundreds of juice vesicles separate from each other like so many raindrop-shape beads. On ice cream or sorbet, they make a knockout garnish. Bryce Shuman of Manhattan’s Betony restaurant taught me to dehydrate grapefruit segments slowly in my oven until they take on a density that amps up the pleasure of snacking on the fruit. I also adopted Betony’s oleo-saccharum, an aromatic syrup made by storing peels in sugar, where they are left to weep their fragrant oils. The syrup is a powerful match for tequila in a tarragon-laced Verano cocktail, and the leftover candied peels are terrific mixed into yogurt.

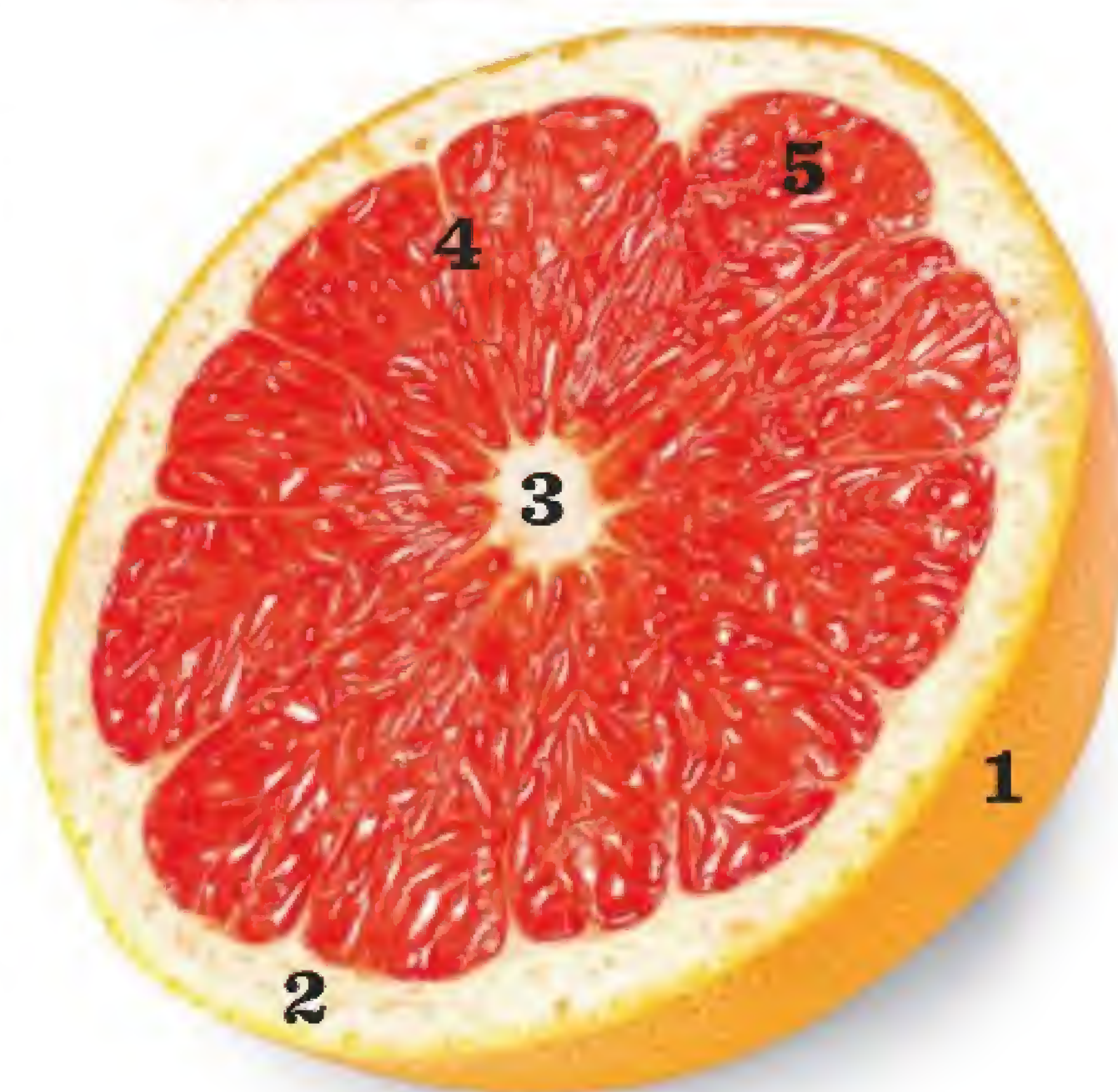
That’s one of the great appeals of grapefruit; nothing goes to waste. The zest zips up vegetables, grains, and desserts. The juice improves drinks from rummy swizzles to vodka-laced salty dogs. And there are zillions of culinary uses for the flesh—though, despite them all, I still adore grapefruit fresh and unadorned.

As a kid in the 1960s, I was often served half a grapefruit at breakfast. Set in one of my mother’s pastel Boontonware bowls, the citrus was liberally sprinkled with sugar to mask its initial tartness. I’d scoop up the wedge-shape bites, relishing each sweet beginning and wincing through every bitter end. It always felt like the morning’s first lesson, a reminder of life’s highs and lows. Hesitant at first, I’d end up squeezing the scooped-out rind for juice. By now I’ve learned to expect the bitter with the sweet, and with the fruit, as in life, I am still relishing every last drop. 🍷

Citrus Science

Citrus paradisi, or grapefruit, is structured similarly to the majority of its citrus cousins. On its outside is a pigmented skin that scientists refer to as the flavedo **1**. The flavedo is covered in tiny glands filled with essential oils. The oils contain many of the compounds that give grapefruit its signature aroma, released when cooks, who refer to the skin as zest, grate it, adding zip to dishes. Of grapefruit oil’s 200-plus volatile compounds, nearly 40 contribute to the fruit’s scent and flavor. Two of these—spicy nootkatone and the sulfur compound 1-p-menthene-8-thiol—are unique to grapefruit. Beneath this outer skin is the airy white section of the peel called the pith or the albedo **2**. The bitter compound naringin is concentrated here. Happily, this compound is water-soluble, so its bitterness softens when the albedo is boiled, as it is for candied grapefruit peel. The pith is also high in pectin, which

acts as a natural thickener in grapefruit marmalades. Radiating out toward the albedo like spokes on a wheel from the grapefruit’s white central axis, called the columella **3**, are the tough walls of the fruit’s membrane **4**. Vascular tissue that feeds and waters the cells of the fruit, the membrane separates the flesh of the citrus into as many as 30 wedge-shape segments. Within each segment is grapefruit’s pay dirt: hundreds of teardrop-shape vesicles **5** containing the juice. Filled with compounds called esters that deliver a fruity, tropical flavor, the sweet-tart juice is also deliciously high in sugar and acid, both of which are concentrated at the more intensely flavored blossom end of the citrus. The juice contains the majority of the fruit’s pigments, so it’s also to thank for grapefruit flesh’s glorious colors, which range from pale yellow to rose-petal pink and deep crimson. —B.A.







Clockwise from top left: grapefruit-and-seafood ceviche; grapefruit-and-sugar-rubbed pork tenderloin; risotto with grapefruit and seared scallops; sparkling vanilla-grapefruit granita. Facing page: rum-broiled grapefruit. Recipes start on [page 80](#).



Dtam Som Oo

(Thai Pomelo Salad)

SERVES 4-6

The recipe for this classic Thai salad (pictured on [page 73](#)) comes from Talde in Brooklyn, New York.

- 1/4 cup Thai fish sauce (see [page 93](#))
- 2 tbsp. sugar
- 1 tbsp. fresh lime juice
- 4 pomelos (see [page 93](#)), peeled and supremed (see "Meet the Supremes," [page 88](#)), juices reserved
- 2 fresh red Thai chiles (see [page 93](#)), stemmed and finely chopped
- 1 clove garlic, finely chopped
- 1 cup trimmed watercress
- 1/3 cup roughly chopped peanuts, lightly toasted
- 20 mint leaves

Whisk fish sauce, sugar, juices, chiles, garlic, and 1/4 cup water in a bowl. Stir in pomelo, watercress, peanuts, and mint.

Glazed Grapefruit Cake

SERVES 10-12

Broiled, sugared grapefruit slices and a citrus glaze top this moist cake scented with zest (pictured on [page 72](#)).

- 3 whole grapefruit, 1 pink, 1 red, and 1 white, peeled and sliced 1/4" thick crosswise, plus 2 tbsp. zest and 3 tbsp. juice
- 1 1/2 cups granulated sugar
- 2 2/3 cups flour
- 1 tsp. kosher salt
- 1/2 tsp. baking soda
- 1 1/2 cups unsalted butter, softened
- 3 eggs
- 1 cup buttermilk
- 1 tsp. vanilla extract
- 1 cup confectioners' sugar, sifted

1 Heat oven broiler. Arrange grapefruit slices in an even layer on an aluminum foil-lined baking sheet fitted with a wire rack; sprinkle with 3 tbsp. sugar.



Verano

For this drink from Betony in Manhattan, muddle 2 sprigs tarragon and 1 oz. fresh red grapefruit juice in a cocktail shaker. Add 2 oz. blanco tequila, 1/2 oz. Aperol, 1/2 oz. oleo-saccharum (see [page 88](#) for recipe) or simple syrup, and ice. Shake and pour into glass; garnish with a fresh tarragon sprig.



✪ Salty Dog

Combine 1 tbsp. kosher salt and 1 tsp. grated white grapefruit zest on a small plate. Rub a 2"-wide strip of grapefruit peel around rim of a glass; rim glass with salt. Combine 2 oz. fresh white grapefruit juice and 2 oz. gin or vodka in a cocktail shaker filled with ice. Shake and pour into rimmed glass; garnish with peel.



Swizzling the Night Away

For this cocktail from the Social Club in Miami, fill a rocks glass with ice. Stir in 1 oz. rum, 3/4 oz. chartreuse, 1/2 oz. fresh grapefruit juice, 1/2 oz. sweet vermouth, and 1/4 oz. Malibu rum. Top with 3 dashes Angostura bitters; garnish with a grapefruit twist.

Broil, rotating pan as needed, until slightly caramelized, about 7 minutes; set aside.

2 Heat oven to 325°. Whisk flour, salt, and baking soda in a bowl; set aside. In another bowl, and using an electric hand mixer, cream remaining sugar and the butter until fluffy. Add eggs one at a time, beating well after each addition. Add zest, buttermilk, and vanilla; mix until combined. With the motor running, slowly add dry ingredients until smooth. Spread batter evenly into a 9" x 13" baking dish; bake until a toothpick inserted in the middle of the cake comes out clean, 45 minutes to 1 hour. Let cake cool, then arrange reserved grapefruit slices, overlapping slightly, on top.

3 Whisk juice and confectioners' sugar in a bowl until smooth; drizzle evenly over cake. Let cake sit 30 minutes to set glaze before serving.

Grapefruit-and-Seafood Ceviche

SERVES 6-8

Grapefruit juice, fiery jalapeño, and fragrant ginger transform shrimp, scallops, and calamari into an aromatic, spicy salad (pictured on [page 79](#)) in this adaptation of a recipe from Miami chef Michelle Bernstein.

- 1 lb. rock or small shrimp, peeled and deveined, tails removed
- 12 oz. bay scallops, cleaned
- 12 oz. calamari rings and tentacles
- 1 tbsp. honey
- 3 red grapefruit, peeled and supremed (see "Meet the Supremes," [page 88](#)), juices reserved
- Juice of 1 lime
- 1 jalapeño, stemmed and thinly sliced crosswise
- 1 2" piece ginger, peeled and julienned
- Kosher salt, to taste

- 3 tbsp. olive oil
- 6 cloves garlic, thinly sliced
- 1 cup cilantro leaves and tender stems
- 1 cup mint leaves

1 Toss shrimp, scallops, calamari, honey, juices, jalapeño, ginger, and salt in a bowl. Cover with plastic wrap; chill until shrimp are opaque, about 1 hour.

2 Heat oil and garlic in an 8" skillet over medium heat. Cook, stirring occasionally, until garlic is golden and slightly crisp, 2-3 minutes. Using a slotted spoon, transfer garlic to paper towels to drain; reserve oil and let cool.

3 Unwrap seafood mixture; add grapefruit, cilantro, and mint. Toss to combine and transfer ceviche to a serving dish. Drizzle with reserved garlic oil; sprinkle with reserved garlic.

Grapefruit-and-Sugar-Rubbed Pork Tenderloin

SERVES 4

Slathered on pork tenderloin and roasted, a marinade of grapefruit, brown sugar, and spices caramelizes to an exquisite crust (pictured on [page 79](#)).

- 1 cup packed dark brown sugar
- 1 tbsp. smoked sweet paprika
- 1/2 tsp. ground cumin
- 1/2 tsp. ground fennel
- 1/4 tsp. cayenne
- 5 cloves garlic, peeled
- 2 grapefruit, 1 pink or red grapefruit and 1 white, zested and supremed (see "Meet the Supremes," [page 88](#))
- Kosher salt and freshly ground black pepper, to taste
- 1 1 1/2-lb. pork tenderloin

Heat oven to 450°. Purée sugar, paprika, cumin, fennel, cayenne, garlic, grapefruit zest and segments, plus salt in a food processor until very smooth;

transfer to a large bowl. Add pork and toss to combine; cover with plastic wrap and let sit 15 minutes at room temperature. Transfer pork to an aluminum foil-lined baking sheet fitted with a wire rack; cook until slightly caramelized on the outside and an instant-read thermometer inserted into the pork registers 140°, about 45 minutes. Let pork rest 10 minutes before slicing.

★ Grapefruit Terrine

SERVES 6

Grapefruit is suspended in orange-liqueur-spiked gelatin (pictured on [page 75](#)) in this recipe adapted from one in Stéphane Reynaud's book *Terrine* (Phaidon Press, 2008).

- 6 grapefruit, 3 pink or red and 3 white, supremed (see "Meet the Supremes," [page 88](#)), plus $\frac{3}{4}$ cup juice
- 5 gelatin sheets (see [page 93](#))
- $\frac{2}{3}$ cup packed light brown sugar
- $\frac{1}{4}$ cup Cointreau
- $\frac{1}{4}$ tsp. ground cinnamon
- $\frac{1}{8}$ tsp. kosher salt

1 Place grapefruit segments in an even layer on a double thickness of paper towels. Using more paper towels, gently press tops of segments to soak up excess juice. Remove top layer of paper towels and let grapefruit air dry, about 1 hour. Line six 8-oz. ramekins with 2 layers plastic wrap, letting 2" hang over the edges. Arrange grapefruit in layers between ramekins, alternating colors; set aside.

2 Place gelatin in a bowl and cover with 2 cups cold water; let sit until soft, 3–5 minutes. Meanwhile, combine grapefruit juices, sugar, Cointreau, cinnamon, and salt in a 2-qt. saucepan; bring to a boil. Cook until sugar is dissolved, 2–3 minutes; remove from heat.

Squeeze water completely from gelatin; whisk into sugar mixture until smooth. Divide evenly between ramekins; chill until set, at least 6 hours. To serve, unmold terrines; peel off plastic wrap.

Risotto with Grapefruit and Seared Scallops

SERVES 6

Sweet sea scallops complement this creamy prosciutto-laced risotto accented with tart grapefruit (pictured on [page 79](#)).

- 6 cups chicken stock
- 8 tbsp. unsalted butter
- 3 oz. prosciutto, finely chopped
- 2 large shallots, finely chopped
- 2 cups Arborio rice
- $\frac{1}{2}$ cup dry white wine
- $\frac{1}{3}$ cup heavy cream
- $\frac{1}{4}$ cup grated parmesan
- Kosher salt, to taste
- $1\frac{1}{2}$ tbsp. piment d'Espelette (see [page 93](#))
- 1 lb. large sea scallops
- 2 grapefruit, zested, peeled, and supremed (see "Meet the Supremes," [page 88](#)), juices reserved
- 2 tbsp. roughly chopped tarragon

1 Bring stock to a simmer in a 2-qt. saucepan over medium heat; keep warm. Heat 6 tbsp. butter and the prosciutto in a 6-qt. saucepan over medium-high heat. Cook, stirring occasionally, until browned, 3–5 minutes. Add shallots; cook until soft, 4–5 minutes. Stir in rice; cook until translucent, 4–6 minutes. Add wine and bring to a boil; cook until reduced by half, about 1 minute. Add $\frac{1}{2}$ cup warm stock; cook, stirring, until absorbed, about 2 minutes. Continue adding stock $\frac{1}{2}$ cup at a time and cooking until absorbed before adding more until rice is tender and creamy, 20–22 minutes. Stir in cream, parmesan, salt, and 1 tbsp. piment d'Espelette; keep warm.

2 Melt remaining butter in a 12" skillet over medium-high heat. Season scallops with salt and remaining piment d'Espelette. Cook scallops, flipping once, until browned and cooked through, 2–3 minutes. Stir grapefruit zest and juice into risotto and divide between 6 bowls. Top with scallops; garnish with grapefruit segments and tarragon.

★ Rum-Broiled Grapefruit

SERVES 4

Rich dark rum is brushed over grapefruit halves (pictured on [page 78](#)), which are then sprinkled with sugar and cayenne pepper before broiling.

- 2 pink or red grapefruit, halved crosswise
- $\frac{1}{4}$ cup dark rum
- $\frac{1}{3}$ cup packed light brown sugar
- 2 tsp. ground cinnamon
- $\frac{1}{4}$ tsp. ground cayenne
- 4 maraschino cherries, stemmed

Heat oven broiler. Trim the ends of grapefruit halves so they sit flat when upright; transfer to a baking sheet cut side up. Run a knife around edges and between segments of grapefruit to loosen them. Brush 1 tbsp. rum over each half and sprinkle each with about $1\frac{1}{2}$ tbsp. sugar. Dust with cinnamon and cayenne; place 1 cherry in the center of each grapefruit. Broil, rotating pan as needed, until bubbling and slightly caramelized, 5–6 minutes.

Sparkling Vanilla-Grapefruit Granita

MAKES ABOUT 1 $\frac{1}{2}$ QUARTS

Fragrant vanilla enhances the taste of this refreshing, slushy dessert (pictured on [page 79](#)).

- Zest of 1 red grapefruit, plus 2 cups juice
- $\frac{2}{3}$ cup sugar
- 1 vanilla bean, split lengthwise, seeds scraped and

reserved

- 1 cup sparkling pink grapefruit soda (see [page 93](#))

Purée zest, juice, sugar, vanilla, and $\frac{1}{2}$ cup water in a blender. Stir in soda and pour into a 9" x 13" baking dish, cover with plastic wrap, and place in the freezer. Using the tines of a fork, stir the mixture every 30 minutes, scraping edges and breaking up any ice chunks as the mixture freezes until granita is slushy and frozen, about 3 hours.



Sweet Spot

Every morning from September to May, men like José Antonio Pañapiel (shown) arrive to pick grapefruit in the groves along the Indian River on Florida's Treasure Coast. Citrus has grown in Florida, according to Rebecca Rickey of the Indian River Citrus Museum, since the 16th century, when sailors were required by Spanish law to carry 100 orange seeds each to cast to the winds near coastlines. The vitamin C-rich fruit the seeds bore prevented scurvy, a common affliction of seafaring explorers. From these seedlings, Native Americans spread the citrus around the state. Indian River's commercial crop started when settler Douglas Dummitt was lured here in the early 1800s by the scent of oranges while sailing down the coast. Around the same time, a French count named Odette Phillipe brought grapefruit to Florida from the Caribbean. It thrived in the area's wet, warm climate and sandy limestone soil. Elliptical, with a smooth, thin pith, Indian River grapefruit are heavier than those from other places because they contain more juice, which is at its sweetest when grapefruit reach their peak ripeness in March. —B.A.

SPECIAL WORLD

Lunch at Bundo Sati, a restaurant in Jakarta, Indonesia, includes: **A** *ikan balado*, grilled mackerel (see page 84 for recipe); **B** *dendeng*, air-dried beef; **C** *ayam panggang*, grilled chicken; **D** *dendeng balado*, air-dried beef with chiles; **E** *rendang daging sapi*, slow-cooked beef curry; **F** *gado-gado*, mixed vegetable salad with shrimp chips; **G** *gulai ikan lado merah*, fish curry with red chiles; **H** *gulai ayam*, chicken curry (see page 85 for recipe); **I** *udang panggang*, grilled shrimp; **J** *gulai masin kepala ikan*, fish head curry; **K** *petai balado*, stink bean sambal; **L** *perkedel kenteng*, mashed potato fritter, and *perkedel jagung*, corn fritter; **M** *ayam goreng*, fried chicken; **N** *telur dadar*, chile-spiced omelette; **O** *gulai urat daging*, beef tendon curry; and **P** *acar*, cucumber with eggs and shallots.

WITH ITS SCORES OF DISHES, NASI PADANG IS INDONESIA'S ULTIMATE FEAST

By Christopher Tan
Photograph by James Oseland





D



E



F



G



M



N



L



O



P



Shafts of sunlight pierce clouds of smoke and steam as I plunge into the heat and noise of the kitchen at Bundo Sati, a small restaurant in Jakarta. It's only 8:30 A.M., but the narrow room is full of alchemical activity: Sheaves of herbs and vegetables lurk imposingly in corners; cooks cleave bones and meat on huge chopping boards with resounding thwacks; others diligently stir the seething contents of enormous woks, each bursting bubble perfuming the air. Thus coalesces the many-splendored array of dishes that compose this restaurant's *nasi padang*.

Nasi padang (literally "Padang rice"), a meal of rice eaten with myriad beef, seafood, poultry, and vegetable dishes, hails from the Minangkabau people of Padang, the regional capital of West Sumatra, Indonesia. Immensely popular throughout much of Southeast Asia wherever migrants from Padang have settled, *nasi padang* is common in Malaysia and Singapore, where I'm from. It's one of my favorite ways to eat. But I've been told time and again that Padang food outside Indonesia is an imprecise précis of the real thing.

I'M ABSORBING CULINARY RHYTHMS, RETUNING MY UNDERSTANDING OF INDONESIAN FOOD WITH A CONSTANT STREAM OF SMALL EPIPHANIES

When my appetite and vacation time finally align, I book a trip to spend the day at Bundo Sati, revered in Jakarta for the freshness of its renditions of iconic Padang dishes. I want to see how the masters make them, so I arrange to watch the cooks prepare *nasi padang*'s many elements before sitting down to lunch.

Even as a newcomer, I quickly realize that, slippery floor notwithstanding, I could navigate this kitchen by smell alone, eyes shut. The scent of caramelizing meat leads me to a cook daubing chicken pieces with a chile-red, coconut-creamy impasto of sauce before he browns them over red-hot coals. The soothing wet-earth aroma of fresh turmeric trails from another corner, where an assistant runs peeled roots through a hand-turned meat grinder, yielding a blindingly orange mince for spice pastes. A cool, sweet perfume brings me to an alcove where a wiry gentleman loads a pillowcase-size bag with freshly grated coconut, kneads it with some water in

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Ikan Balado

(Padang-style Grilled Mackerel with Sambal)

SERVES 4-6

In Padang, restaurants grill and fry small whole mackerel before smearing them with sambal, a spicy chile-based condiment (pictured on [page 82](#)). We find that the skin-on filets of larger fish work just as well. For hard-to-find ingredients, see [page 93](#).

For the sambal:

- 10 large red Holland chiles, chopped
- 5 fresh red Thai chiles, stemmed
- 3 cloves garlic, peeled
- 3 small Asian shallots, peeled
- 1 medium vine-ripe tomato, roughly chopped
- ½ tsp. sugar
- ¼ tsp. salt, plus more to taste
- 2 tbsp. canola oil

For the fish:

- ⅓ cup canola oil
- 6 6-oz. skin-on mackerel filets
- Kosher salt, to taste

1 Make the sambal: Pulse chiles, garlic, shallots, tomato, sugar, and salt in a small food processor into a coarse paste. Heat oil in a 12" skillet over medium-high heat. Add paste; cook until slightly caramelized and thick, 5-7 minutes.

2 Make the fish: Wipe skillet clean; heat oil over medium-high heat. Pat fish dry using paper towels; season with salt. Working in batches, fry fish, flipping once, until cooked, 3-4 minutes. Transfer to a serving platter; spoon sambal over the top.

a basin, and clamps it between two heavy wooden boards to extract a stream of *santan*—coconut milk—the lifeblood of many a Padang dish. All the measuring is done swiftly and surely by keen eyes and practiced hands. I watch and learn, trying to take in as much as I can.

The cooking started more than two hours ago. As dishes are finished, the staff stacks them in the restaurant's front window—the better to seduce passersby. That early in the morning, the air-conditioned dining room is calm and quiet, with just a couple of people having a coffee and a bite at the clean white tables, but by noon the tables will be jam-packed. Manager Pak Masril, who has worked here since 1978, tells me that roughly 500 diners drop by daily, mostly for lunch and dinner, streaming in and out slowly but steadily. One cannot rush a meal whose parts add up to such a spectacular whole.

Throughout the morning, ingredients are delivered to the kitchen door. Cooks hold up fish heads, tiger prawns, and cuts of mutton, showing off their freshness. The arrival of a huge bunch of *petai* pods occasions much tongue clucking all around, for this prized ingredient, which looks like a broad bean but tastes like sulphurous green almonds (it's often referred to as stink bean in English), has an outrageously high current asking price, around 100,000 rupiah (about \$8) a pound. But omitting this beloved food from a Padang menu would be unthinkable, and so the young lad tasked with shucking the pods does so very, very carefully. Even the *nasi putih*, white rice, has unexpected dimension: The cooks combine two high-quality varieties for a blend with the ideal

GOLDEN, DELICIOUS The custardy, caffeine-laced concoction known as *kopi telur* (Padang-style egg coffee) does double-duty as coffee and dessert. Traditionally made by layering unfiltered coffee, foamed egg yolks, and sweetened condensed milk, it's a beloved treat in Padang, where it's typically enjoyed with a light snack. In restaurants, it's also an invigorating pick-me-up after an expansive *nasi padang* meal. Sumatran coffee is the local choice for this drink, but any coffee that has a full, earthy flavor and low acidity is suitable. To prepare it at home, place 1¼ tsp. honey, ¼ tsp. vanilla extract, and 1 egg yolk in a tall glass. Using a thin whisk, slowly beat in ¼ cup boiling water, and then whisk vigorously until mixture is completely foamy. Pour 1 tbsp. sweetened condensed milk into center of foam (it will sink to the bottom). Pour ½ cup strongly brewed coffee into the hole left by the milk. Your coffee should have 3 distinct layers: custard on the bottom, coffee in the middle, and foam on top. Drink with a straw and stir, if you like, as you sip.
—Kellie Evans



texture for soaking up gravies and sauces without turning to mush.

At noon, Pak Masril nudges me into the dining room for lunch. I sit down and signal my readiness, and the parade of curried, fried, grilled, and spicy dishes proceeds. A waiter sets down dozens of small white porcelain dishes—nearly 30 in all—that frame their contents like works of art: oil-sheened curries redolent of coconut and the leaves of Kaffir lime, pandan, and turmeric plants; bronzed fried grouper and tangles of boiled cassava greens; dark and unctuous beef *rendang* slow-simmered with coconut milk and aromatics; and a host of sambals, chile-spice relishes enjoyed as dressings and as table condiments. Hot rice is spooned onto my plate.

I dig in, helping myself to a little of this, a little of that, alternating tastes and textures to my liking. (Another part of *nasi padang*'s appeal: You eat what you like, leave the rest, and pay for only what you've consumed.) I pick curried chicken off its bones, savoring harmonies of coconut and a citrusy spice blend, and follow it with beef tendons, stewed until their cartilage melts into their pale curry. I break into a *perkedel*, a fried spiced potato ball whose lacy eggy crust contrasts winningly with its smooth interior. Then a nibble of *ikan balado*, meaty mackerel in a thick, complex salty-hot sambal of tomatoes and chiles. The *petai* wink like jewels from amid a stir-fry of cubed potato and beef liver and red chile sambal.

As I eat, I feel that I'm absorbing culinary rhythms like the rice soaks up curry, retuning my understanding of Indonesian food with a constant stream of small epiphanies—the fillip of shallots and creamy peanut sauce on a smoky stick of satay; the way a crisp tapioca wafer softens in a bowl of *soto ayam*, chicken soup. While Padang food is known for its fieriness, the chiles dazzle as much for their gradations of flavor as for their heat: Red Holland chile strips slow-cooked until mellow and sweet make a topping for paper-thin marinated beef slices, which have been air-dried and deep-fried to a toothsome tenderness; a sambal made from steamed and sautéed green chiles has a vegetal flavor and a soft burn, blanketing crisp-fried fish like green velvet.

And the curries! They have unbelievable polish, artfully weaving ingredients into a unified, resonant whole, subtly combining flavors to yield dishes so seamless that individual spices are difficult to pick out. In the fish curry, *gulai ikan lado merah*, tender fish is napped with coconut milk shot through with lemongrass, turmeric, garlic, ginger, shallot, tamarind, and just enough chile to underline everything. It's so suave and smooth that I find myself drinking deeply of it like soup, finally stopping only with heroic self-control.

Gulai Ayam

(Padang-style Chicken Curry)

SERVES 4

Chicken thighs can also be used to make this aromatic curry (pictured on page 82). For hard-to-find ingredients, see page 93.

- 2 tsp. coriander seeds
- 1 tsp. cumin seeds
- 1 tsp. fennel seeds
- 1 tsp. grated nutmeg
- 1 tsp. ground turmeric
- ½ tsp. whole cloves
- ¼ tsp. cardamom seeds
- 10 fresh red Thai chiles
- 5 candlenuts
- 4 cloves garlic, peeled
- 3 small Asian shallots, or 1 regular, peeled
- 1 2" piece ginger, peeled and sliced
- 3 tbsp. peanut oil
- 5 Kaffir lime leaves
- 2 sticks cinnamon
- 1 stalk lemongrass, trimmed and knotted
- 1 3½-4-lb. chicken, cut into 8 pieces (see "The Right Cut," page 91)
- 2 cups coconut milk
- Kosher salt, to taste
- Rice, for serving

Purée coriander, cumin, fennel, nutmeg, turmeric, cloves, cardamom, chiles, candlenuts, garlic, shallots, ginger, and 2 tbsp. water in a food processor into a paste; set aside. Heat oil in a 12" skillet over medium-high heat. Cook paste with lime leaves, cinnamon, and lemongrass until golden, 5–7 minutes. Add chicken; cook until browned, 8–10 minutes. Stir in half the milk and 1¼ cups water; boil. Reduce heat to medium; cook, while stirring, until tender, 10–12 minutes. Stir in remaining milk and salt; cook until slightly thick, 2 minutes more. Serve with rice.

CANDLENUTS (*Aleurites moluccana*), known as kemiri in Indonesia, are a common ingredient in Padang cooking. The oil-rich nuts, native to Southeast Asia, are mildly toxic when raw and are never eaten out of hand. Instead, they're finely ground and incorporated into flavoring pastes for cooked dishes like Padang-style chicken curry (see recipe at left), to which they lend body, richness, and a subtle nutty flavor. In the U.S., candlenuts are typically sold in seven-ounce bags at Chinese and South Asian markets. Look for shiny, dust-free nuts (older ones have a dry, powdery appearance). Tightly wrapped, they can be stored in the freezer for up to a year. —James Oseland



The polyphony of it all fills my senses and stomach to the brim. I wallow in the contrast between a deep-fried egg's plush yolk and an intensely red, piercingly hot-sweet sambal infused with chiles, onions, and Kaffir lime leaves, then reset my taste buds with an austere soup of oxtail, potatoes, carrots, and tomatoes. A waiter shows me how to drench a plate of puffed buffalo-skin cracklings with curry gravy. They snap and pop like cereal on steroids, the combination of crunch and slurp totally irresistible. Worlds away from the versions



I've eaten outside Indonesia, these dishes bring vividly home to me the true genius of Minangkabau cuisine: There is a finesse, a balance to the way it integrates flavors that satisfies past the sensory level and down to the soul. *Ah*, I find myself saying, and *ah*, as this spice aligns with that one, like tumblers in a lock.

Fat, silky-sweet pisang ambon bananas, a local variety, are on hand for dessert, but I can really, truly eat no more. I am full, I am large, I contain multitudes. I hail a waiter, who notes which plates are empty and which have been pushed aside and tallies the bill.

But wait, I need caffeine to fight post-*nasi* torpor—perhaps a *kopi telur*, egg coffee? (See "Golden, Delicious," facing page.) A cook whips it up before my eyes, beating a bright orange egg yolk to a custardy froth with honey, vanilla, and hot water, topping it up with condensed milk and dark coffee brewed with a cotton sock of grounds. It tastes like coffee crème brûlée in drink form, a rich exclamation point to the day's discoveries. I walk out into the muggy tropical afternoon not just more awake, but more alive. 🐘

Bundo Sati is located at Jalan Ir. H. Juanda i/1, Jakarta, Indonesia (62/21/351-8490). For more nasi padang recipes, see SAVEUR.COM/NASIPADANG



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Yo'Play

For our yogurt story ("Milk's Finest Hour," page 36), we tried many yogurt makers, electric machines that keep milk and a starter at proper warmth for bacteria growth. Here are four of our favorites. —Farideh Sadeghin



The **Cuisinart** yogurt maker cools yogurt after fermentation so that it can be served at a perfect temperature. \$130; williams-sonoma.com



The large-capacity **Yo'Gourmet** makes up to two liters of yogurt at a time. Its sealable container stores yogurt in the fridge for up to three weeks. \$54; amazon.com



Aroma's containers are made without BPA chemicals, so they're safe in kids' lunchboxes. \$30; aroma-housewares.com



T-Fal's machine comes with seven single-serve date-coded jars, so you know when yogurt is fresh. \$38; amazon.com



Yogurt Comes Home

You'll find no shortage of yogurt brands on supermarket shelves these days (see "Dairy Queens," page 90). Still, as far as we're concerned, nothing beats home-made; doing it yourself allows you to make creamy, fresh-tasting yogurt that's exactly as tart as you like. Electric makers are easy to use (see "Yo'Play," left), but the process is simple even without one. You'll need a bit of yogurt with live active cultures (bacteria that kick off fermentation) to use as your starter and a warm oven to provide the right conditions for bacteria activation. ♣ Bring 4 cups milk to a boil in a 2-qt. saucepan; transfer to a 1-qt. heatproof glass bowl or plastic container. Allow to sit until an instant-read thermometer inserted into the milk reads 90°, which could take up to an hour depending on the ambient temperature in your kitchen. Heat oven to 200°. Stir in 1 tbsp. plain full-fat yogurt and cover tightly with plastic wrap or a lid. Wrap in a large, thick dish towel and fasten with rubber bands or string; transfer to oven and immediately turn off the heat. Let the yogurt sit until slightly thickened, 12–24 hours. (The longer the yogurt sits, the more sour it will become.) Remove the towel and chill yogurt 1 hour before serving with fresh berries, if you like. Makes 1 qt. —Kellie Evans

CANDIED GRAPEFRUIT PEELS

One way to savor grapefruit's zing is to candy the peels (see photo, above). They're wonderful plain, dipped in chocolate, or chopped and added to dough for baked goods.

- 4 pink, red, or white grapefruit, quartered
- 3 cups sugar
- 3 green cardamom pods, lightly crushed
- 2 whole cloves
- 1 stick cinnamon

1 Remove the flesh of each grapefruit quarter, leaving pith and peel; reserve flesh for another use. Slice peels into ¼"-wide strips; transfer to a 4-qt. saucepan. Cover with water by 1"; bring to a boil and cook for 1 minute. Strain and repeat process 3 more times; set peels aside.

2 Add 1 cup sugar, cardamom, cloves, cinnamon, and 1 cup water to pan; bring to a boil. Reduce heat to low and add peels; cook, stirring occasionally, until peels are very soft, about 1 hour. Let peels cool in syrup, then strain, discarding spices; reserve syrup for another use. Spread peels evenly on a wire rack set over a baking sheet; let sit until dried, 2–3 hours. Toss peels with remaining sugar; store in an airtight container between layers of wax paper up to 1 week. Makes about 4 cups.

TINY GIANTS

While researching our grapefruit story (see “Winter’s Brightest Jewel,” [page 72](#)), we learned that it’s possible to separate the citrus flesh into hundreds of individual vesicles by stirring it in oil, where the juice-packed sacs unbind from one another. The pearl-like bits can be spooned over desserts like a sparkling vanilla-grapefruit granita (see [page 81](#)) and provide bursts of sweet-tart flavor to salads. To make them, submerge grapefruit segments in a neutral oil like canola. Stir occasionally until segments break down, about 15 minutes. Strain vesicles through a fine-mesh sieve, reserving oil for dressings. Rinse vesicles under cold water; use as desired. —F.S.



Grapefruit segments added to oil (top) break down into individual vesicles (bottom).



High and Dry

Dehydrating grapefruit segments gives them a pleasantly chewy texture and concentrates their sweetness. The dried segments are great for snacking, as well as for garnishing dishes like risotto with grapefruit and seared scallops (see [page 81](#) for recipe). Chef Bryce Shuman of Manhattan’s Betony restaurant showed us how to do it. Supreme the segments of two large red grapefruit (see “Meet the Supremes,” right). Toss with 1 tbsp. olive oil and $\frac{1}{4}$ tsp. kosher salt; place on rack over a baking sheet. Dust with $\frac{1}{2}$ cup confectioners’ sugar and bake for 6 hours at 170° ; let cool. Store at room temperature in air-tight container for up to 1 week. —Farideh Sadeghin

Meet the Supremes

Though the white pith and membrane of citrus fruits are edible, they’re also quite bitter. For recipes like grapefruit terrine (see [page 81](#)), you’ll want to supreme the grapefruit, removing the sweet flesh from its bitter surrounds. Here’s how.



1 Trim top and bottom; set cut side up. Slice lengthwise between flesh and peel, following fruit’s contour; remove peel and pith.



2 Hold fruit over bowl to catch juice. Slice lengthwise between 1 segment and the membrane until you reach the center of the fruit.



3 Make a similar slice on the other side of the segment. Use the knife blade to remove segment. Repeat.



4 Once all segments are removed, squeeze juice from membrane into the bowl. Discard membrane; reserve juice for another use.

A Grapefruit a Day

Grapefruit’s fringe benefit is that it’s good for you. It’s loaded with vitamin C, folate, potassium, and fiber, and the pigment in red grapefruit is high in vitamin A. It’s a great antioxidant, but grapefruit juice has been shown to dramatically increase drug absorption, so people on certain medications can’t eat the fruit. Given grapefruit’s copious health benefits, mightn’t we tweak that old saw about the daily apple? —Betsy Andrews

LIQUID GOLD

A sweet dividend of grapefruit is oleo-saccharum, a fragrant syrup infused with the zest’s essential oils. It’s used in cocktails like the Verano (see [page 80](#) for recipe) and is delicious drizzled onto pancakes. Peel zest from 8 grapefruit and combine with 1 cup sugar in a resealable plastic bag. Press out air and seal. Rub zest and sugar together to release oils. Leave at room temperature until sugar dissolves, about 6 hours. Strain, pressing on zest. Makes $\frac{1}{3}$ cup. —F.S.



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Dairy Queens

Since 1942, when Bronx-based Dannon Milk Products introduced the first commercial yogurt brand in America, packaged yogurts have proliferated. They're now made in a wide range of international styles, offering a variety of consistencies and flavors to cook with. Below are some we particularly like. —Tejal Rao

1 Oak Knoll's nonfat yogurt is made with goats' milk. Exceptionally tangy, it's a great substitute for sour cream on baked potatoes or chili (\$4 for a 16-oz. container; wholefoods.com).

2 Labneh is a soft, mild Middle Eastern cheese made with yogurt. In the recipe for labneh tart (see [page 44](#)), tangy, thick **Victor's** works well (\$3 for a 16-oz. container; byblosmarket.com).

3 Blue Hill's beet yogurt boasts borschtlike flavor sharpened with raspberry vinegar. It bolsters a roasted beet soup (\$3 for a 6-oz. container; wholefoods.com).

4 The pungent flavor of fresh goat cheese makes **Coach Farm Yogoat Drink** especially tasty in smoothies. Try it as a buttermilk substitute in pancakes (\$2 for an 8-oz. bottle; wholefoods.com).

5 Whole Foods 365 Organic-brand yogurt has a clean, mild taste, making it a pleasing backdrop for granola or fruit (\$3 for a 16-oz. container; wholefoods.com).

6 Vermont's Green Mountain Creamery makes this zero-fat Greek yogurt with a full-flavor mouthfeel. It's amazing stirred with maple syrup (\$6 for a 5-oz. container; zabars.com).

7 Karoun's creamy, thick yogurt tastes so much like cream cheese you'll want to smear it on a bagel (\$4 for a 16-oz. container; kalustyans.com).

8 Seven Stars Farm offers organic yogurt with a soft curd, a nice backdrop for fresh berries (\$5 for a 32-oz. container; wholefoods.com).

9 Lifeway's kefir, a drinkable yogurt, is refreshingly mild with a subtle sweetness and salinity (\$5 for a 16-oz. bottle;

wholefoods.com).

10 When on the West Coast, try organic plain yogurt from **Straus Family Creamery**, which is thin but with an intensely creamy flavor (\$5 for a 32-oz. container; strausfamilycreamery.com).

11 Made from grass-fed Ozarks cows' milk, **Amasai's** organic drinkable yogurt is rich and tangy (\$37 for a six-pack of 16-oz. bottles; mybeyondorganic.com).

12 Old Chatham Sheepherding Company yogurt has the funky, grassy flavors of ripe sheep's milk cheese (\$3 for a 6-oz. container; wholefoods.com).

13 Hammond Dairy's whole-milk yogurt has the acidity to work well in marinades (\$2.50 for 6 oz.; elizabar.com).

14 Traders Point Creamery's plain strained yogurt has a

farmstead freshness (\$2 for a 4-oz. container; wholefoods.com).

15 Greek Gods is a great thick base for Turkish poached eggs in yogurt (see [page 43](#)) and similar dishes (\$4 per 24-oz. container; wholefoods.com).

16 Earthy, tangy Tri-mona Bulgarian Yogurt is made in upstate New York with grass-fed milk (\$2 for a 6-oz. container; wholefoods.com).

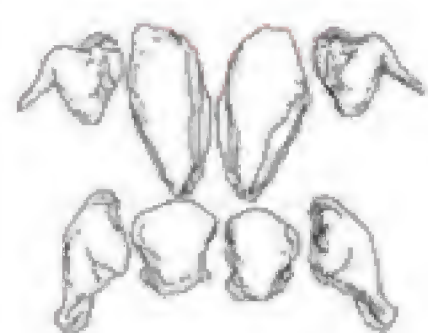
17 The flavor of whole milk shines through **Central Valley Dairy's** full-fat yogurt (Central Valley Dairy Greenmarket, Asbury, New Jersey 908/892-2297).

18 Kalustyan's non-fat yogurt powder adds creaminess and tartness to dressings, sauces, and casseroles (\$5 for 3 oz.; kalustyans.com).



The Right Cut

In Southeast Asia, chicken is typically not served whole, or even in large cuts. Instead, it is broken down into pieces, with the thighs and drumsticks sliced in half, so the cut bones enrich dishes like Padang-style chicken curry (page 85).



1 Cut a chicken into 8 pieces; reserve back-bone for soup or stock.



2 Using a sharp, heavy knife or cleaver, slice breasts crosswise into 3 pieces.



3 Cut thighs and drumsticks in half crosswise through the bone.



4 Cut wings in half at the joint; discard wing tips.



5 You will end up with 18 pieces of chicken, each about 2-3" long, for use in your favorite dishes.



RETRO CURRY

Japanese curries like this one (see "Curry in a Hurry," page 16), from a recipe in *Japanese Soul Cooking* (Ten Speed Press, 2013), are subtly sweet.

- 6 tbsp. unsalted butter
- 1 1/2 lb. boneless beef chuck, cut into 2" x 1/4"-thick strips
- Kosher salt, to taste
- 12 oz. shrimp, peeled and deveined, tails removed
- 2 tbsp. curry powder, like S&B brand (see page 93)
- 1 tbsp. garam masala
- 5 cloves garlic, minced
- 4 carrots, cut into 2" pieces
- 1 large yellow onion, cut into 1" wedges
- 1 1/2" piece ginger, grated
- 1/3 cup flour
- 6 cups beef stock
- 3 tbsp. honey
- 1 bay leaf
- 1 lb. russet potatoes, peeled and cut into 1 1/2" pieces
- 2 tbsp. soy sauce
- Cooked white rice, for serving

Melt butter in 8-qt. saucepan over medium-high heat. Season beef with salt and cook until browned, 8-10 minutes; using slotted spoon, transfer to bowl. Add shrimp; cook until pink, 1-2 minutes; transfer to bowl. Add curry, garam masala, garlic, carrots, onion, and ginger; cook until soft, 8-10 minutes. Add flour; cook 2 minutes. Add beef, stock, honey, and bay leaf; boil. Reduce heat to medium; cook until beef is tender, 1 hour. Add potatoes; cook until tender, 30 minutes. Stir in shrimp and soy sauce; serve with rice.

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GRATER REWARDS

I normally use a blender or food processor to turn fruits and vegetables into pulp for sauces and soups. But when testing the spiced persimmon frozen yogurt recipe (see [page 44](#)), I grabbed a box grater instead. Holding a soft, ripe Hachiya persimmon by the stemmed end, I grated it over a plate. The skin curled back, and the flesh easily yielded. I was rewarded with a smooth pulp and very little cleanup. —Anne Alexander

Curry On

Curry powder, a blend of spices that typically includes turmeric, cumin seed, and coriander, was first concocted by British colonists in 19th-century India as a way of approximating the spice profiles of Indian dishes. Since then, it's caught on all over the globe, and today, there's a world of powders to chose from. Here are some great ones. —Laura Grahame

Whole Foods Organic Muchi Curry Seasoning

Muchi-style curry powders, popular on the southwest coast of India, are known for their spiciness. This one, from Whole Foods, boasts intense cayenne heat with added notes of caraway and celery seeds. We've found it's a great match for coconut-based curries.



Bolst's Curry Powder Mild

This mild Indian blend contains seven spices. Along with a modest heat provided by dried red chiles, it infuses everything from roast chicken to scrambled eggs with gentle flavors from smoky turmeric, ginger, cumin, coriander, and black mustard seeds. We suggest using it to enliven potato, tuna, or chicken salad.



Sun Brand Madras Curry Powder

This peppery powder, with its comforting balance of coriander, cinnamon, cloves, and 11 other spices, is a favorite of Indian expats. The slightly salty pantry staple is so flavorful that it can be used like a garam masala—sprinkled over soups and other hot dishes, or used as a rub for grilled chicken.



S&B Oriental Curry Powder

Invented in 1923, this iconic Japanese blend—the signature ingredient in our recipe for retro curry (see [page 91](#))—has spices that are roasted before they're ground. Cinnamon, allspice, and cloves imbue the blend with a pleasant sweetness, while turmeric, coriander, and fenugreek lend it the hallmark curry flavor.



Oriental Chetty's GKR Madras Curry Powder

Curries from the Indian city of Madras (now known as Chennai) traditionally packed a powerful punch. However, this version from Chetty's is tempered with chickpea flour. It's especially tasty when used as an ingredient in classic dishes like tandoori chicken.



ANDRE BARANOWSKI (6)

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The Pantry

A Guide to Resources

In producing the stories for this issue, we discovered ingredients and information too good to keep to ourselves. Please feel free to raid our pantry!

BY KELLIE EVANS

Fare

Purchase **House of Mandela Royal Reserve Cabernet Sauvignon 2008** at wine.com (\$47 for a 750-ml. bottle; 800/592-5870). Buy **Irish buttered eggs** at the English Market in Cork, Ireland (353/21/429-4258; englishmarket.ie). Drink Soviet sodas; purchase **Cockta** at amazon.com (\$1 for a 0.25-liter bottle) and **Baikal** at moscowonhudson.com (\$3 for a 1-liter bottle; 212/740-7397). Visit **Hôtel Le Toiny** on St Barth (590/590/27-8888; letoiny.com). Make coconut lime preserves (see page 18) with **powdered pectin** from Ball (\$1 for a 0.6-oz. bag; 855/813-9352; freshpreservingstore.com). See more Fictitious Dishes at **dinahfried.com**. Take a writer's retreat at **Hedgebrook** (360/321-4786; hedgebrook.org).

Cellar

Order **Domaine Roulot Bourgogne Blanc 2011** at kermityllynch.com (\$35; 510/524-1524); **Domaine Michel Lafarge Raisins Dorés Bourgogne Aligoté 2011** and **Domaine Roblet-Monnot Auxey-Duresses Premier Cru Le Val 2010** at martinscottwines.com (\$20/\$48; 516/327-0808); **Domaine Olivier Merlin Mâcon La Roche Vineuse Vieilles Vignes 2011**, **Domaine des Croix Beaune 2011**, and **Domaine Marquis D'Angerville Bourgogne Pinot Noir 2011** at grandcruselect.com (\$30/\$48/\$40; 917/261-6628); **Edmond Cornu & Fils Chorey-les-Beaune Les Bons Ores 2008** from Martine's Wine (\$25; 800/344-1801; mwines.com); **David Duband Côte de Nuits-Villages 2011** from Michael Skurnik Wines (\$30; 516/677-9300; skurnikwines.com); **Billaud-Simon Chablis 2011** from Langdon Shiverick Imports (\$25; 646/414-6298; shiverick.com); and **Benjamin Leroux Auxey-Duresses 2011** at veritywines.com (\$30; 212/683-8763).

Lives

To prepare Cuban-style chicken stew with **alcaparado** (jarred pimentos, olives, and capers); contact Goya (\$6 for two 8-oz. jars; 201/348-4900; goya.elsstore.com).

Ingredient

Make Bangladeshi spiced yogurt drink (see page 43), using **black mustard seeds** and **ground kala namak** (black salt) from Kalustyan's (both are \$7 for a 3-oz. pack; 800/352-3451; kalustyans.com);

and **fresh Thai green chiles** at templeofthai.com (\$4 for a 2-oz. bag; 877/811-8773). Prepare curried yogurt soup (see page 43) with **chickpea flour** from shop.khanapakana.com (\$5 for a 2-lb. bag; 347/746-7572); **fresh Thai green chiles** and **black mustard seeds** (see above); **asafoetida** from thespicehouse.com (\$3 for a 50-gram container; 847/328-3711); **fresh curry leaves** are at ishopindian.com (\$2 for a ¾-oz. bag; 877/786-8876); and **chiles de árbol** are available at marxfoods.com (\$23 for a 4-oz. bag; 866/588-6279). Buy **Victor's labné** to make a labneh tart (see page 44) at byblosmarket.com (\$3 for a 1-lb. container; 781/864-8181). Contact Tuttle Orchards for **persimmon pulp** (\$20 for 2 pints; 317/326-2278; store.tuttleorchards.com) to make the spiced persimmon frozen yogurt (see page 44).

City by the Sea

Drink **Clos Sainte Magdaleine Cassis 2011** (\$25; bassins.com); **Domaine de la Tour du Bon Bandol Blanc 2012** (\$28; trainoswine.com); **Domaine Hauvette Les Baux de Provence Petra 2012** (\$23; fermentedgrapes.net); **Clos Saint Vincent Bellet Blanc 2011** (\$50; noevalleywinemerchants.com). Make the recipes (see pages 56–58) using **Spanish chorizo** from La Tienda (\$20 for two 8-oz. links; 800/710-4304; tienda.com); frozen quartered **Bird's Eye artichoke hearts** at freshdirect.com (\$5 for a 9-oz. box; 860/447-1295) or purchase whole, canned **Roland artichoke hearts** at mexgrocer.com (\$5 for a 14-oz. can; 877/463-9476); **orange blossom water** at amazon.com (\$4 for a 10-oz. bottle); and **red quinoa** from nuts.com (\$7 for a 1-lb. bag; 800/558-6887).

A Change of Seasons

Make the peach recipes (see pages 70–71) using: **Boiron white peach purée** at amazon.com (\$18 for a 2-lb. container); 1-qt. wide-mouth **Ball jars** from freshpreserving.com (\$15 for a dozen jars; 855/813-9352); **DiCamillo peaches** from dicamillobakery.com (\$22 for a 1.5-lb. jar; 800/634-4363); **Mrs. Millers peach jam** from millershomemadejams.com (\$45 for twelve 8-oz. jars; 330/647-1165); **dried white peaches** from Trader Joe's (\$5 for a 1-lb. bag; visit traderjoes.com for locations); and **365 frozen sliced peaches** from Whole Foods (\$3 for a 1-lb. bag; visit wholefoods.com for locations).

Winter's Brightest Jewel

When visiting southern Florida, stay at **Vero Beach Hotel & Spa** in Vero Beach (866/602-8376; verobeachhotelandspa.com) and **Eden Roc** in Miami Beach (855/433-3676; edenrocmiami.com). Buy assorted grapefruit varieties at Whole Foods (visit wholefoods.com for locations) or contact melissas.com for **Cocktail**, **Melo Gold**, **Jaffa Sweetie** or **Oro Blanco**, **pomelo**, and **ugli** fruit

(prices vary; 800/588-0151); visit countrysidecitrus.com for **Indian River** grapefruit (prices vary; 888-550-5745); visit gofloridagrapefruit.com to where to purchase **Flame**, **Henderson**, **Marsh**, and **Ruby Red**; order **Duncan white** from ceebeescitrus.com (prices vary; 866/248-7870); and order **Rio Star** from texasweet.com (prices vary; 956/580-8004). Make the Verano (see page 80) with **Patrón Silver** from Merwins Liquors (\$25 for a 375-ml. bottle; 877/653-7946; shopmerwins.com). Use **Tanqueray** from K&L Wine Merchants (\$19 for a 750-ml. bottle; 650/364-8544; klwines.com) to make a salty dog (see page 80). Purchase **Zacapa** rum to prepare Swizzling the Night Away cocktails (see page 80) at astorwines.com (\$42 for a 750-ml. bottle; 212/674-7500). Make Thai pomelo salad (see page 80) using **Tiparos fish sauce** at grocerythai.com (\$3 for a 23-oz. bottle; 818/469-9407), and **fresh Thai chiles** at templeofthai.com (\$4 for a 2-oz. bag; 877/811-8773). Prepare grapefruit terrines (see page 81) with **gelatin sheets** from nycake.com (\$4 for 10; 914/613-3998) and **Cointreau** from Merwins Liquors (\$35 for a 750-ml. bottle; see above). Use **piment d'Espelette** from markethallfoods.com (\$11 for a 20-gram jar; 888/952-4005) to make the risotto with grapefruit and seared scallops (see page 81).

Spice World

Make the recipes (see pages 84–85) using **red Holland chiles** and **small Asian shallots** from your local Asian grocer; **fresh red Thai chiles** from templeofthai.com (\$4 for a 2-oz. bag; 877/811-8773); **candlenuts** from Importfood.com (\$5 for a 7-oz. bag; 888/618-8424); and fresh **Kaffir lime leaves** from Tastepadthai.com (\$5 for a 2-oz. bag; 310/463-2992).

In the Saver Kitchen

Make retro curry (see page 90) with **S&B curry powder** from asianfoodgrocer.com (\$6 for a 3-oz. can; 888/482-2742); or try one of our other favorite curry powders, buy **Bolst's** (\$4 for 4-oz.), **Sun Brand** (\$4 for a 4-oz. container), and **Chetty's** curry powders from kalustyans.com (\$6 for a 16-oz. canister; 800/352-3451); and **organic muchi** curry powder at your local Whole Foods (\$5 for a 2-oz. jar).

Correction: In our January/February 2014 issue, the piece about Staten Island (page 69) described *Lakruwana* restaurant's curry with lentils as being laced with cumin; the dish does not contain the spice. In "The Track Kitchen" (page 79), the Aiken Training Track in Aiken, South Carolina, was described as a longtime destination for events such as foxhunting and steeplechase racing. It is the town of Aiken that is renowned for these activities; the track is used exclusively for exercising racehorses. We regret the errors.



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